5 STEPS TO A CLEANER DIET
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JANUARY/FEBRUARY 2014
EatingWell
WHERE GOOD TASTE MEETS GOOD HEALTH
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HOW 3 WOMEN LOST 60 POUNDS
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PAGE 54
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flower power
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JANUARY
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Orange & Black Pepper Shrimp Salad, page 90

The creamy shrimp and toasty walnuts are a perfect match for the lightly oaked 2012 MacMurray Ranch Russian River Valley Chardonnay ($20).

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A Toast to the New

Let's get introductions out of the way. This is my first issue as editor-in-chief. I started at *EatingWell* 10 years ago, working on recipes in the Test Kitchen. When I became food editor and got to direct all the food content for the magazine, our books, our website, I thought I was the luckiest gal around. Here's the deal: I think about food and cooking *all* the time. At home, at work, on vacation, while I'm working out, wherever, whenever—I'm thinking about food. How do I unwind after work? Cook dinner. What do I do while I drink my coffee in the morning? Read about food. When I scoured my files for a recipe a couple of days ago I came across recipes and articles I collected when I was fresh out of college. All this is to say: I still feel like the luckiest gal in the world.

"I think about food and cooking *all* the time."

Now on to the rest of what's new. Perhaps most exciting are the changes Creative Director James Van Fleteren has been working on over the past few months. On nearly every page you'll see his efforts—our recipe format is more succinct, the page layout more orderly and even the recipe index has a fresh look. (Look for the index in its new home in the back of the magazine, page 98.) And on the last page you'll find a new column, *Tastemakers*, in which we write about innovative people doing interesting things with food. This month it's four young cousins making maple syrup here in Vermont to help keep their family-run ski area going for generations to come.

As we worked on this issue we pushed for new and better approaches. And making changes is also what many of the stories in this issue are about. In "Girlfriends' Diet Club" (*page 54*), you'll learn how three women came up with their own plan to lose weight together. They formed a diet "club," each lost over 20 pounds and have kept it off. For some of us the change we're looking for is not about weight loss, but instead it's about a renewed effort to eat a little cleaner, a little healthier. On page 27 we break down what it means to eat clean, with recipes to do it deliciously. Or maybe you just want to find a new dish to cook. Take pineapple: with a little creativity it ends up in a spectacular Thai-inspired rice pilaf (*page 48*). Or start thinking of cauliflower beyond steamed and you get a pizza crust or even irresistible "tots" (*page 83*).

So there's a lot to toast to: the new year, a healthier you, a fresh look for the magazine and of course, my favorite part, lots of delicious new ideas for what to cook. I'd love to hear what you think, so email me at *editor@eatingwell.com*.

Cheers!

Jessie

Jessie Price, *Editor-in-Chief*

GROWING STRONG IN VERMONT
All sorts of new things are happening at *EatingWell*, but we're still here in Vermont. This shot was taken at Shelburne Vineyard, across the road from our offices.

BRIGA ALLEN

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Watch your backside.

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Better it with

December's issue features all of my favorite season's foods. I was excited to see "Galettes for All." I'm a galette fanatic and it was neat to see new ideas. The pictures are beautiful and the recipes mouthwatering. I loved "My Julia Child Moment" [*Nourish*]; I think we've all had one of those.

ERIN McNARY HAMPTON
via Facebook

German Pumpkins

I really liked the recipe for Creamy Rye & Butternut Squash Soup [October]. I combined it with a traditional German pumpkin soup. (Pumpkins are big here. My neighborhood just had a pumpkin festival.) Germans add coriander, fresh ginger and cloves.

KIM SINGLETARY
Berlin, Germany

Makeover Magic

We had Oven-Fried Beef Taquitos [December] for dinner last night and they are delicious. The picture does not tell you about all the zucchini in them. I will never [deep-] fry taquitos again.

SUSAN R. KELLY
via Facebook

Stock Disappointment

I was disappointed to read the article promoting boxed stock ["Box of Gold," October]. Do you know the ingredients in this product? Homemade chicken stock is probably one of the easiest things I make.

NATASHA ALENA
Woodhaven, MI

EDITORS' REPLY: *We prefer homemade stock, too, but to get dinner to the table fast, boxed broth is a helpful shortcut. Look for low- or reduced-sodium varieties and read the label. Many brands, like Swanson's Natural Goodness low-sodium broth (pictured in article), are free of added sugars and MSG. (Some contain yeast extract, which has naturally occurring trace amounts of glutamate.)*

Food Assistance

I feel compelled to write about your advocacy for programs like SNAP ["Hungry for Change," December]. A program that lets recipients buy soda, chips, etc. shouldn't be allowed to be called a "food assistance" program or have "nutrition" in its name. In a city where close to 40% of the residents are on SNAP, I rarely see anything nutritious being purchased with EBT cards.

AMANDA PRISCHAK
Erie, PA

MARIANA CHILTON, Director, Center for Hunger-Free Communities, replies: *Research shows that people who use SNAP make healthier purchases than those who are eligible but don't use SNAP. But because the amount of SNAP dollars families receive cannot cover the true cost of a healthy diet, families often scrimp on nutritional value in order to buy cheap, filling foods. Children who use SNAP have fewer hospitalizations and improved performance in school and 50% of SNAP recipients are kids. See the SNAP website:* takepart.com/place-at-the-table/snap-alumni

True Colors

"Purple Reigns" [December] states that, "Only humans and birds have color vision." Contrary to David Heber's claim, many animals can see colors. In fact, bees and butterflies see colors we can't, with their range extending into ultraviolet. Several fish, primates, some mammals and most amphibians have excellent color vision.

TALLULAH HOBERMAN
Campbell, CA

DAVID HEBER REPLIES: *While some animals detect some colors, it's not the same as the ability to see the full color spectrum, which I maintain evolved to permit primates and humans to select colorful fruits and vegetables from a green background. For example, to the eye of a bee, blue, violet and purple are seen as the same color. An animal that sees just certain colors lacks the important human capacity to obtain healthy phytonutrients by eating a variety of colors... the thesis of my book* [What Color Is Your Diet?].

Meal Planner Love

Just wanted to say how much I appreciate the 28-day meal plans [*eatingwell.com/go/mealplans*]. The calorie feature is especially helpful! I never thought about calories since I went vegetarian. I just assumed everything I ate was good for me. Thank you for saving me time, money, calories and effort.

JENNIFER D. STEWART
Overland Park, KS

CORRECTION: *The photo of Wild Rice Pilaf (December, page 86) shows a wild rice blend instead of 100% wild rice. The recipe is correct.*

Cook one of our recipes, take a photo and share it on Instagram, Facebook or Twitter with #EatingWell Magazine in the caption.

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Pribasilio I made this EatingWell Pear & Apple Galette recipe from the December issue of EatingWell magazine for my friends last night and everyone loved it!

PRISCILLA BASILIO
via Instagram

Pinterest

Most-Pinned Recipe from our December issue:
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eatingwell.com/go/generaltsos

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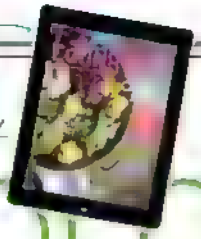

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A WEEK OF CLEAN EATING

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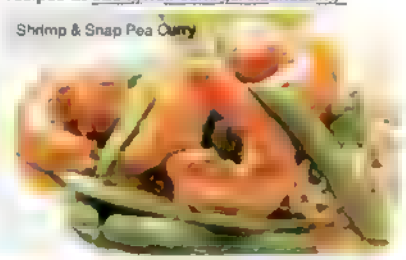

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WIN A NEW SOUP POT!

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THE DREAM DIET: *Why Sleep Is Going to Keep You Skinny* PAGE 22

FRESH

A Dose of Delicious Sunshine

Mushrooms boost your vitamin D levels naturally

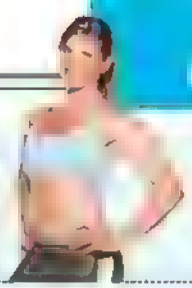
D-LIGHTFUL

Healthy D levels keep muscles and bones strong, reduce chronic inflammation and stave off high blood pressure, cardiovascular disease, diabetes, depression and even daytime sleepiness.

Mushrooms do more than top pizza: they're a valuable source of a vitamin we all need, especially during these short winter days. That's because the sun is our main source of vitamin D. You will find the vitamin in a few fortified foods, like milk and OJ. And it's naturally in mushrooms and certain wild-caught fish, such as salmon and mackerel, but there aren't many D-rich foods. As a result, 80 percent of the U.S. population has seasonal vitamin D deficiency, says Michael Holick, Ph.D., M.D., who heads the Vitamin D, Skin and Bone Research Laboratory at Boston University's School of Medicine.

Mushrooms—like our skin—make D when exposed to sunlight. That's why wild mushrooms are high in the vitamin. Commercial mushrooms are typically grown in the dark, but some growers have started exposing them to UV light—see next page. (UV-exposed mushrooms have some mention of vitamin D on the label.) You can fortify your own fungi by sunning mushrooms on a windowsill (chop them for maximum surface exposure). One cup (about 3 ounces) of sliced white button mushrooms exposed for an hour between noon and 2 p.m. will end up with approximately 400 IU of vitamin D, according to Holick, who is developing an app to help people make their own D-rich mushrooms (*vitdcalculator.com*).

Happily, a recent study co-authored by Holick found that eating light-treated mushrooms maintains desirable D levels just as well as supplements or sunshine. That makes these tasty fungi a great—and the only natural *and* vegan—food source of D. —ANNE BLISS



OLYMPIC EATS: Skier Julia Mancuso travels 75% of the year. To eat healthy on the road, she packs her own brown rice (avoiding the carbs doused in butter on the menu) and orders lean protein and veggies to add to it.

by Darra Goldstein

Sochi: *An Olympic Flavor Medley*

The 2014 Winter Olympics might be why you're hearing about Sochi, Russia, for the first time, but there's more to this Black Sea resort city than sports. Sochi may just be one of the best-kept culinary destination secrets around. Thanks to its geography, it has been a trade crossroads for millennia, settled by ancient Greeks, Circassians and successions of diverse ethnic groups. Most groups were largely displaced when Russians conquered the region in 1864. But Russian cuisine never dominated Sochi as completely as it did other areas of the country. Instead, today you'll find Russian flavors along with traditions from its neighbors. Circassian chicken, for example: poached breasts layered with ground walnuts, hazelnuts and cream. Or chestnuts served Abkhazian style: mixed with ground walnuts and salt and garnished with pomegranate seeds and walnut oil.

Sochi's mild climate allows citrus, grapes and tomatoes to thrive. Cold mountain rivers and streams provide excellent trout, while Black Sea fishermen bring flounder and salmon. Favorite snacks along the city's waterfront promenade include dried fish washed down with beer or kvass, a lightly alcoholic drink—fermented from black bread—that was introduced by the Russians.

SOCHI SALSA

Adjika, a salsa-like condiment of both Georgian and Abkhazian origins, typically accompanies grilled meat or vegetables. Prepared in two styles, the mild green version is made with cilantro, mint, dill, basil and summer savory. For a lively taste of Sochi, eat this spicier red version as you would a tomato-based salsa.

Coarsely chop 1 large **red bell pepper**, 4 to 5 fresh **jalapeño peppers** (red or green; stemmed and seeded) and 4 **garlic cloves**. Transfer to a food processor and pulse until finely chopped. Transfer to a medium bowl. Coarsely chop 1 large **celery stalk** (including any leaves). 1½ cups firmly packed **fresh cilantro** (including tender stems) and ¾ cup each firmly packed **fresh basil** and **fresh dill** (including tender stems). Add to the food processor along with ¼ cup **red-wine vinegar**, 1 tablespoon **ground coriander** and 1 teaspoon **salt**; pulse until finely chopped, but not smooth—the salsa should still have some texture. Add to the bowl with the jalapeño mixture, stir until well combined. Cover and refrigerate overnight for the flavors to meld before serving.

MAKES: ABOUT 2 CUPS

Nutrition information: page 98

Eat Your Mushrooms

*The daily recommended value for vitamin D is 600 IU/day for most adults, but some experts consider that too low and suggest 1,500 IU/day or more. **The numbers below show the amount of vitamin D contained in 1 cup of chopped raw mushrooms.** Red labels signify D-levels in commercial light-exposed varieties, blue is the level in wild and nonexposed fungi.*

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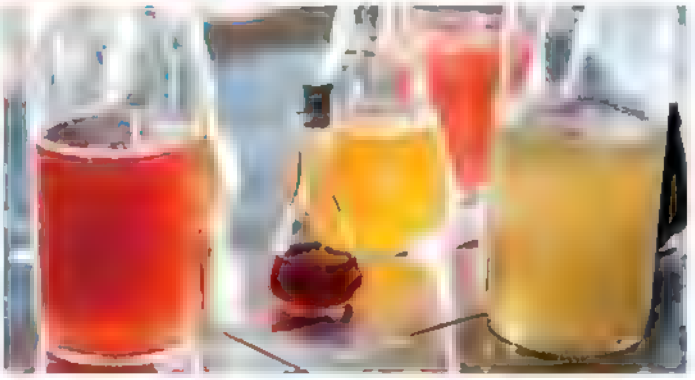


Belly Up to the Fermentation Bar

How one bar is riding the fermented-foods trend with delicious innovative drinks. By John Grossmann

At the sleek zinc and stainless-steel bar of SHED in Healdsburg, California, the tap system fills glasses with locally brewed craft beers, hard cider and, of course, Sonoma County wines. But what makes this bar special is its array of nonalcoholic fermented brews: kombuchas, kefir waters (fermented fruit-water blends) and colorful tangy drinks called shrubs, made with fresh fruits and house-made vinegars. No wonder it's been dubbed the "Fermentation Bar" — the country's first, claim the owners.

"People find our drinks refreshing, hydrating and healthy-tasting," says SHED's mixologist Jordan Lancer. Looking to highlight more than just beer and wine, Lancer hopes to inspire customers to learn more about the fermentation process. "The shrubs and kombuchas have a bit of an acid bite to them," he adds, describing the kefir water as creamy, with no acidity.

GET THE SHED'S RECIPE FOR BLOOD-ORANGE SHRUB

SHED's drinks change with the seasons. This time of year, Lancer might serve a shrub made with fresh pomegranate, sherry vinegar and thyme. (No pucker-face here. Antioxidant-rich, shrubs are diluted with sparkling water before serving.) Though trendy, shrubs aren't new: in America, they date back to the "haymaker's punch" of the 17th century. "A container would be run out to the workers sweating in the fields making hay, to rehydrate them," Lancer explains. Colonial Gatorade, if you will.

Today, these homegrown drinks are popular among SHED's younger clientele. The under-21 crowd "finds them a healthy alternative to soda," he says. "I love demonstrating that something healthy can actually taste good."

FERMENTED DRINKS 101

There's a wide world of fermentation that has nothing to do with alcohol. This natural process transforms the taste and consistency of foods—turning water into creamy kefir water and tea into bubbly kombucha.

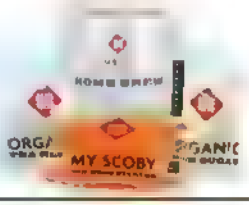
The microbes involved in fermentation have gut-friendly probiotic effects. Plus fermentation creates beneficial by-products, such as B vitamins. While some people assert that these fermented drinks carry additional benefits, such as improved immunity and even cancer prevention, there's little evidence in human studies to back these claims. Studies that do show some benefit are preliminary and in animals.

Kefir is a fermented milk drink rich in calcium. An Ohio State study indicates that drinking kefir may improve lactose digestion in lactose-intolerant people. That's in part because the bacteria that ferment milk help break down milk's lactose into more digestible lactic acid and lactate.

Kefir Water is a fruit-and-water mix brewed with a probiotic cocktail of bacteria and yeast called water kefir grain (nothing to do with actual grain).

Kombucha is a sweetened tea, typically black or green tea, fermented with bacteria and yeast. The drink is often flavored with herbs or fruit. A tiny amount of alcohol is sometimes produced during fermentation—less than 0.5 percent alcohol by volume. However, some kombuchas have been found to contain up to 2 or 3 percent alcohol.

EDITOR'S PICK: "I like kombucha, but at around $4 a bottle, my wallet doesn't. This Basic Home Brew Kit from Kombucha Brooklyn ($45, *kombuchabk.com*) will save kombucha lovers money, and it's practically as easy as making tea." —*Lisa D'Agrosa, Associate Nutrition Editor*



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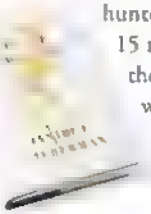
A Smarter Way to Healthy

Obesity, heart disease, type 2 diabetes and other diet-related diseases are at an all-time high. According to three new books, the real problem is *how* we try to lose weight.

By Gretel H. Schueller

Match your modern life to your metabolism.

Daniel E. Lieberman, professor of human evolutionary biology at Harvard
The Story of the Human Body: Evolution, Health, and Disease (Pantheon)



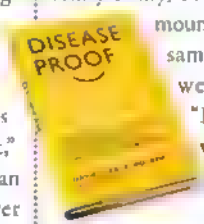
"We're well adapted by millions of years of evolution to be very efficient at making and storing fat," explains Lieberman. That's because we desperately needed it: the average hunter-gatherer walked 9 to 15 miles a day. "It's only in the last few generations that we have had access to as much energy as we want," he says. We can spend an entire day without ever raising our heart rate, while eating an excess of food—food high in sugars and fat. "Our bodies can't cope with high levels of sugar in the absence of fiber. We don't have the metabolism." This "mismatch" of our bodies to modern life results in a litany of new ailments, including obesity and diabetes.

Lieberman is not suggesting we return to a hunter-gatherer (aka Paleo) diet: "There is no single hunter-gatherer diet." In the Middle East, early people harvested wild barley to make flour; other foragers got most of their calories from fish. We can't change our genes, Lieberman says, but we can keep them in mind, for example by limiting sugary foods and being more active.

SEE 6 SURPRISING SOURCES OF SUGAR

"Skillpower" gets you further than willpower.

David L. Katz, doctor of preventive medicine at Yale, public-health guru and *EatingWell* advisor
Disease-Proof: The Remarkable Truth About What Makes Us Well (Penguin)



"Think of a really hard thing, like going up Mt. Everest," Katz says. "You could want it really badly, but still fail if you have no mountaineering skills." It's the same when trying to lose weight or find health. "People are using only willpower," he says. In a world that works largely against us—he points to ads telling us that marshmallows are part of a complete breakfast—the reliance on just willpower often results in failure. So Katz offers a toolbox of skills to make it easier to get on a healthy track—like how to eat less and still feel full or how to tame your sweet tooth

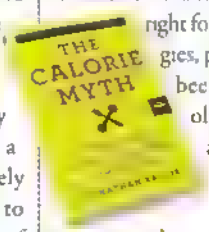
Sweet-Tooth Rehab

OLD WAY: With willpower you give up dessert. But you still crave it and think about it all the time. So, eventually, you fall off the wagon.

SMARTER WAY: With "skillpower" you reduce the stealth sugar hiding in your pasta sauce, bread, crackers, yogurt, etc. by reading labels. The less sugar you eat, the more sensitive to sugar your taste buds become. The result: that dessert you used to crave will soon taste too sweet

Forget calories. Eat healthy and exercise smart.

Jonathan Bailor, fitness expert
The Calorie Myth: How to Eat More, Exercise Less, Lose Weight, and Live Better (HarperWave)



Just reducing calories doesn't work, according to Bailor: "Every single relevant study proves that when you eat less your metabolism slows." There's no need to count calories if we eat the right foods, he says: nonstarchy veggies, proteins (seafood, grass-fed beef), whole-food fats (nuts, olives, eggs), most fruits (not apples, bananas or grapes). The idea is to enjoy so much of these foods that you're too full for unhealthy ones.

It's difficult to lose weight and keep it off because you're fighting against your set-point weight, he explains, which is determined by the level of fat our body automatically works to maintain. The best way to lower your set point is with healthy food and exercises that use all four muscle-fiber types, particularly type 2b muscle fibers, at the same time. Eccentric forms of exercise—high-resistance, low-impact movements as a muscle extends—do just that. For example, slowly lowering into a squat or lowering a weight.

Eccentric Exercise

OLD WAY: Pedaling along for half an hour on a stationary bike.

SMARTER WAY: Crank up the resistance so you have to stand in order to push down. Pedal for 15 to 30 seconds; do 3 to 5 sets.

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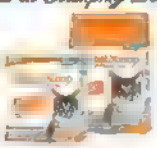

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GO RAISINS! *100 calories of raisins works just as well as the same number of calories of a commercial "sports chew" to fuel runners during a long run, says recent research. If you're exercising for less than an hour, stick to water.*

NATURAL BEAUTY

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PET NUTRITION

How can having a pet make me healthier?

By motivating you to get moving, pets—especially dogs—may help you lead a healthier lifestyle. Research indicates that having a pet may lower blood pressure, improve cholesterol levels, increase survival rates after a heart attack and reduce risk of heart disease. For example, one study found cat owners had a 37 percent lower risk of heart attack. Reasons for the healing power of pets may include stress relief and social support—benefits that have been associated with companion animals ranging from goats to snakes. Yet the main benefit seems to be from exercise via dog walking. Dog owners who walk their dog get up to 50 percent more exercise than people without dogs or those who don't walk them. At Tufts, we developed Project PAWS—Partnering with Pets to Achieve Wellness—which encourages overweight kids to get active with their pets.

Dr. Deborah Linder, DVM, DACVN, *head of Tufts Obesity Clinic for Animals, one of the nation's first pet-obesity clinics*

by Lisa D'Agrosa, M.S., R.D.

Tortilla Chips: *Not So Junky*

Most tortilla chips contain just corn, oil and salt and less than 150 calories per serving—not bad stats for a food that normally gets relegated to the "junk food" aisle. We searched out the healthiest options (that still taste great). Here's what we found:

BYE-BYE, BAKED: The taste and texture of baked chips often leaves much to be desired and there's no real nutritional benefit. Baked have about the same calories as fried chips but more carbs and sodium.

SING THE BLUES: Blue corn tortilla chips get their color from anthocyanins, brain-boosting flavanoids, and contain slightly more protein than white or yellow corn chips.

DITCH THE BAG: As tempting as it is, don't eat straight from the bag. Research shows we eat up to 80% more from a large container or bowl. Instead, measure out a single serving to enjoy.

BRANDS WE LOVE: Tostitos Simply Yellow Corn Tortilla Chips, Beanitos Blue Corn Tortilla Chips (made with organic blue corn), Green Mountain Gringo White Corn Tortilla Strips

Numbers to Look For

Serving Size	About 1 ounce*

*about 6-15 chips; check your bag

Are you really only going to eat 6 chips?

Amount Per Serving	
Saturated Fat	≤ 1g
Sodium	≤ 100mg

Ingredients to avoid: cottonseed and palm oil (they're higher in saturated fat than other oils), sugar

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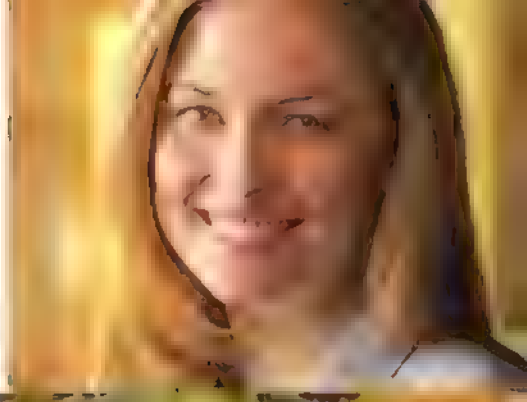
Hungry for
the best
in taste
and nutrition?



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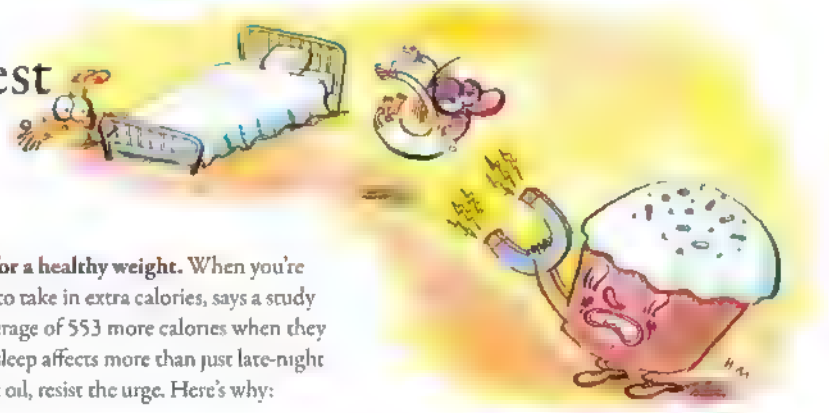
SLIM DOWN by Lindsay Westley

Get Your Beauty Rest

3 reasons skipping sleep doesn't do your waistline any favors



New research is bolstering how important sleep is for a healthy weight. When you're awake between 10 p.m. and 4 a.m., you're more likely to take in extra calories, says a study from the University of Pennsylvania. People ate an average of 553 more calories when they were kept awake until the early morning. But a lack of sleep affects more than just late-night eating. Next time you're tempted to burn the midnight oil, resist the urge. Here's why:

You chow down in the morning

When you're groggy in the morning, you're more like y to eat more. S eep-deprived participants reported being hungrier in the morning and ate larger portions at breakfast and for snacks the next day compared to participants who slept 8 hours. Researchers think that just one night of tota sleep deprivation prompts you to eat more by boost ng ghre in, a hormone that stimulates your appetite

Junk-food cravings win out

W thout enough zzz s, your brain is more l kely to act mpulsive y and choose high-calorie foods, which means your body becomes hard-wired to crave foods like pizza and doughnuts, while healthy foods like fruits and vegetables become less appealing. According to research out of the Un versity of California, Berkeley, the part of the brain used for complex decision-making is impaired and the part that controls desire is amplified

Afternoon snacking gets outta control

Lack of sleep may cause our bodies to secrete a mo ecule ca led 2-AG, which stokes hunger accord ng to research from the University of Chicago and the Medica College of Wiscons n in M.lwaukee. Participants had higher levels of the molecule after gett.ng 4½ hours of sleep than when allowed to sleep 8½ hours. These leve s peaked in the afternoon, when snack cravings are likely to k.ck in

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NUTRITION

What is krill oil—and should I be taking it?

As its name implies, krill oil is oil extracted from krill—tiny sea-dwelling crustaceans—and made into a soft-gel capsule. Krill are a rich source of DHA and EPA, omega-3 fats that promote heart and brain health and reduce inflammation.

Krill oil is often touted as a supplement superior to fish oil: preliminary research suggests that our bodies better absorb omega-3s from krill oil than from fish oil. In other words, you'd need a smaller dose of omega-3s if they're coming from krill. But here's the catch: to get enough omega-3s you'd still have to actually swallow more krill-oil pills than fish-oil pills, because the amount of DHA and EPA in a single krill-oil pill is typically much lower. And krill oil tends to be pricier—perhaps because krill is harder to catch. It may also be less sustainable, because krill is the main food source for many whales and other marine animals. Look for krill that bears the Marine Stewardship Council "Certified Sustainable Seafood" logo.

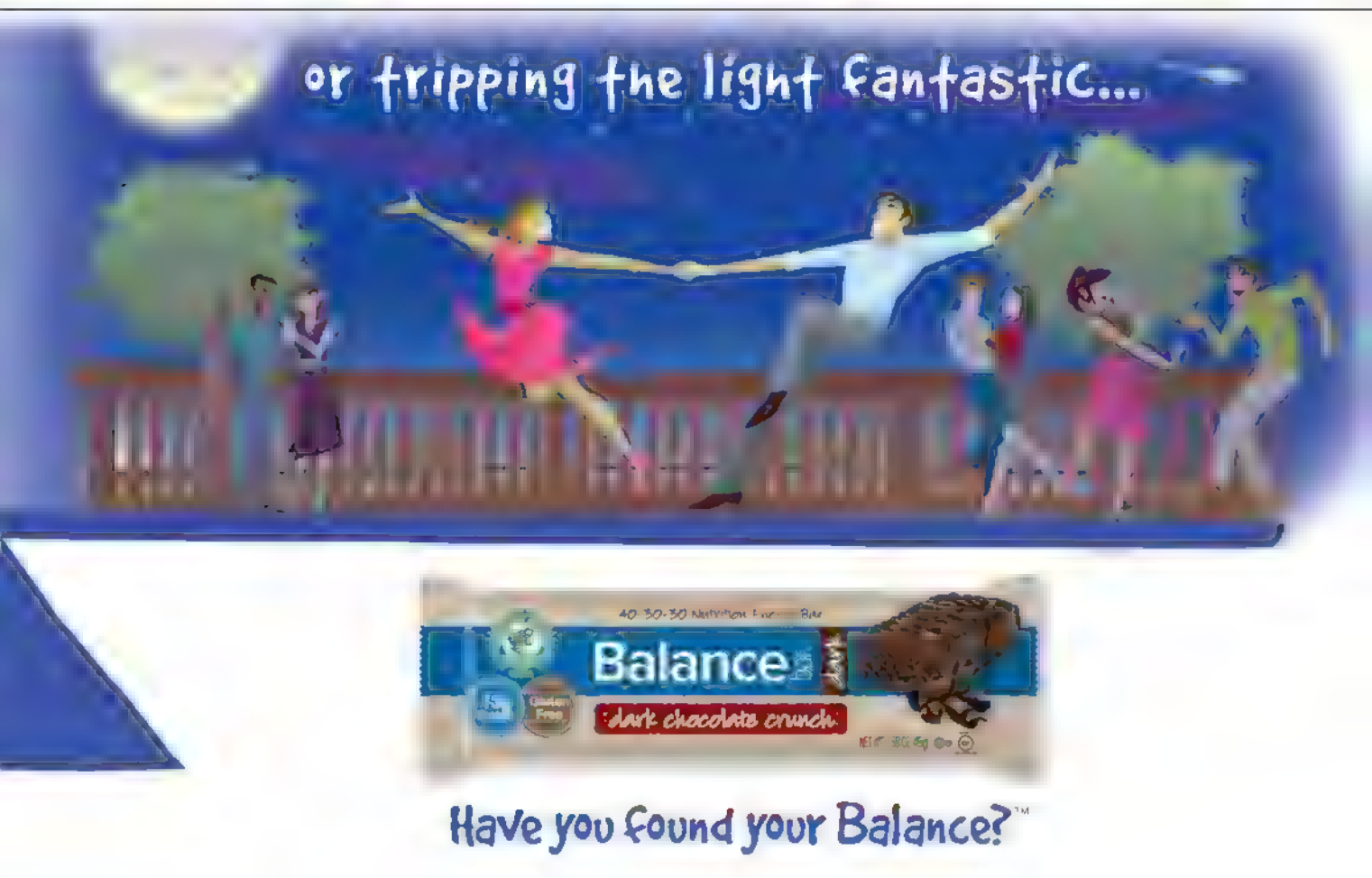
Krill-oil supplements contain a so-called "super" antioxidant, astaxanthin (that's where the animal's red color comes from). Astaxanthin may help to increase your "good" HDL cholesterol and decrease triglycerides, but krill-oil supplements contain only micro quantities.

More important than whether you choose krill- or fish-oil supplements is simply including sufficient omega-3s in your daily diet, particularly because many Americans don't get enough. Most experts suggest 2,000 mg/day. Up your omega-3 intake by eating more oily fish (salmon, tuna, sardines). The American Heart Association recommends two servings a week. If you just can't seem to get enough fish in your diet, consider a supplement. Check with your doctor first, though, especially if you're taking a blood thinner, as omega-3s may increase its effect.

Send your nutrition questions to Nutrition Editor at *askus@eatingwell.com*

EDITOR'S PICK

"We eat a lot of sardines and love Bela sardines from Olhão, Portugal, for their firm texture and lightly smoked flavor."
—Stacy Fraser, Test Kitchen Manager



My Favorite Eaters

The relationship between a passionate cook and his eaters can be emotional—and sometimes deeply soul-satisfying. By Daniel Duane

Every cook has favorite eaters, people who love food in ways that make us happy to feed them, again and again. I discovered this 10 years ago, after the birth of my first child. I started throwing over-the-top-dinner parties to feel alive, like I still had the freedom to get in trouble. Our friends were mostly appreciative, as in, "Stuffed pigeon? Interesting..." But then one of them invited Jon, a communications executive for California wineries. I slaved for days on that dinner, home-curing a whole *foie gras* and then wrapping it in cheesecloth and poaching it in duck stock; simmering veal bones for hours and then reducing the stock to an unctuous demi for my rare beef tenderloin with red-wine reduction and marrow butter

This Jon guy arrived with half a dozen red wines, introduced himself, and then opened every bottle at once simply because he felt like tasting them all.

When my *foie* hit the table, I saw Jon do a double take, eyes flickering from me to his plate and back again. He said nothing until I delivered the steaks. I'd taken my own first bite when Jon set down his fork, found my eyes and said, loudly, "Are you f---ing kidding me?!"

"What?" I replied, startled.

Scanning every face in the room, as if dumbfounded, Jon declared, with resounding authority, "OK, I get the *foie*. Somebody showed you to how to make a *torchon*. But did you make an *actual Bordelaise*?"

"I did."

"With your own veal demi, from scratch?"

I nodded

He took another bite, chewed slowly while everyone at the table watched. Then Jon said, "That is maybe the most delicious single mouthful *I have ever eaten anywhere*." He glanced at my wineglass. "Are you drinking the Opus One? You're not, are you?" He leapt from his chair, filled my glass, watched me drink and cackled happily as my face slackened with pleasure. For the rest of that night—and for years thereafter—Jon and I sat side by side inhaling my food with his wine as if luxurious face-stuffing were some kind of grand culture quest, a glorious combination of art appreciation and primal-scream therapy for the raging male heart.

I found my second favorite eater—two, really—after Jon moved to New York, leaving a hole in my life. By then my wife had given birth to our second daughter, making wine-soaked bacchanalia feel awfully costly in time and energy. Dabbling in French country fare, I happened to invite my mother and father for turnip-and-turnip-greens soup, grilled chicken with tomatoes and black olives, and a Pinot Noir from just up the coast.

Dad's entire being seemed to savor those initial spoonfuls. I put out cheeses afterwards and good ripe peaches and cold Riesling, and my parents relaxed into the spell, lingering on each bite. I felt I had stumbled onto a quasi-magical cuisine, a set of flavors evocative of domestic bliss. Then Mom said exactly what I wanted to hear without knowing it: "You're so generous to us, sweetheart. Your children are so lucky to grow up with food like this."

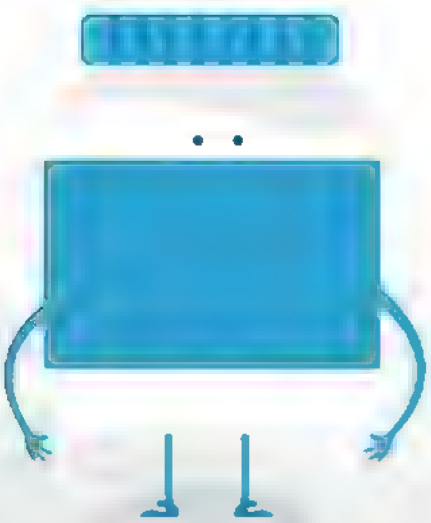
More recently, in addition to Mom and Dad, a new crew of favorite eaters has emerged in my life. Mike and Kiernan are terrific friends and foodies who sing Hallelujah when I muster the energy for multi-course fabulosity. But I love them most on nights when I overcook burgers and my French fries come out limp and yet Kiernan *still* says, "Oh my God, this is so *exactly* what I wanted tonight." They even get ketchup on their faces and greedily fork up the last of the fries, like we're just teenagers at the Dairy Queen.

I've also fed a few not-quite-so-favorite eaters, people congenitally unimpressed by food regardless of my efforts. Those are the times I end up wishing I'd just ordered cheap Chinese takeout for them. But they've helped me see that it's not only about the ability to appreciate or enjoy food. The relationship between cook and eater is an emotional exchange, first and foremost. When Mike and Kiernan say thanks for yet another meal, what they're really saying is, "It makes me feel so damn good to eat a meal cooked with affection by a friend who actually cares about me, in the company of people who understand me."

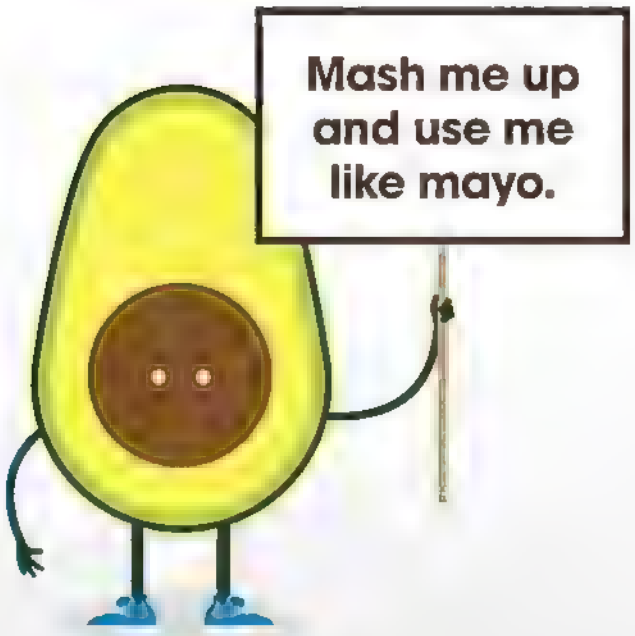
What makes *me* feel so good is cooking a meal for people who understand how precious food can be, shared in that spirit.

DANIEL DUANE *is the author of* How to Cook Like a Man: A Memoir of Cookbook Obsession.

how good can you feel?
Yogi
The same things that make
and general feel-goodness. In the natural food or tea aisle.
Stress Relief
Sweet Tangerine
Positive Energy
Bedtime



(Serving Size – 1 tbsp)
Calories, 90 – Cholesterol, 5mg
Total Fat, 10g – Sodium, 90mg
Sat. Fat, 1.5g



(Serving Size – 2 tbsp)
Calories, 50 – Cholesterol, 0mg
Total Fat, 4.5g – Sodium, 0mg
Sat. Fat, .5g

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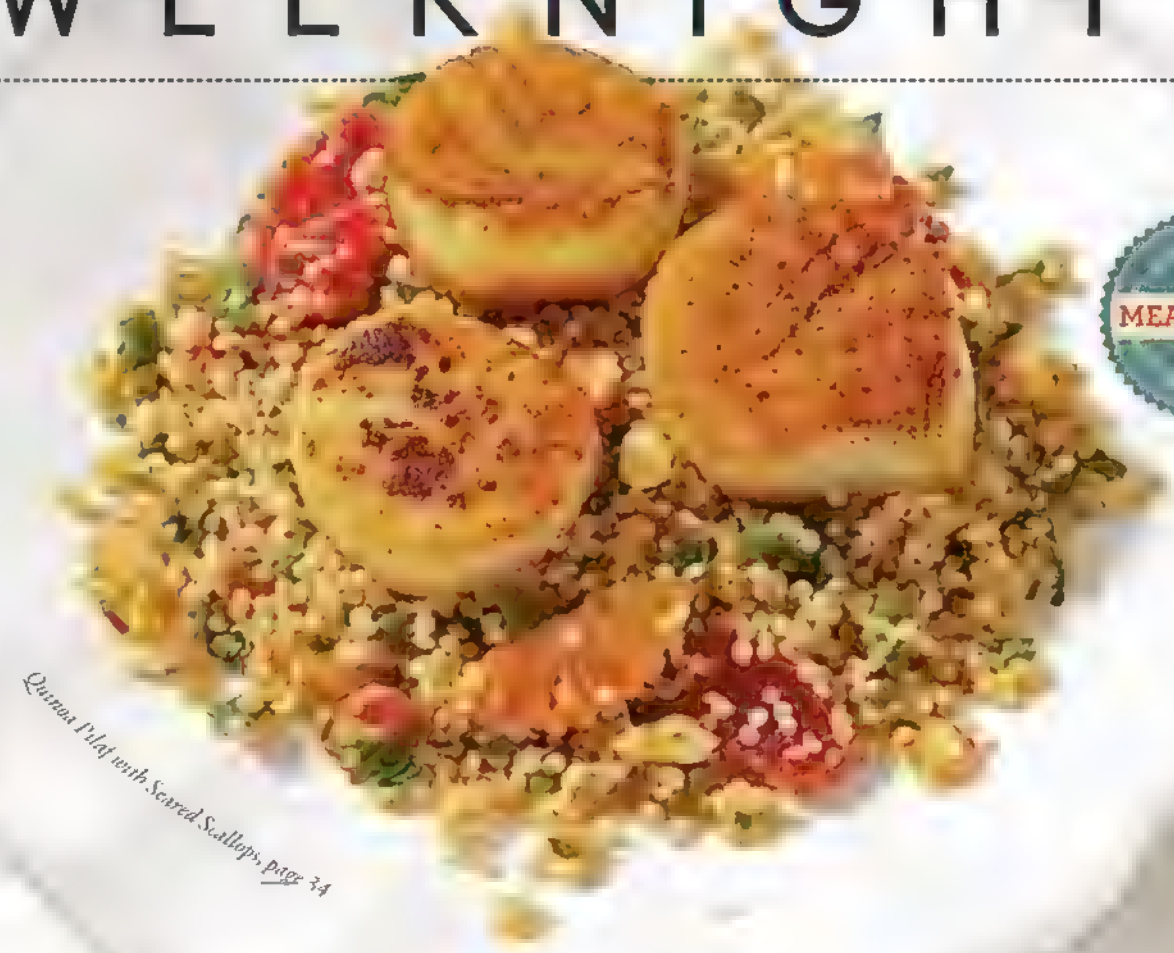

MEAL PLAN

Quinoa Pilaf with Seared Scallops, page 34

5 Ways to Clean Up Your Diet

If the start of a new year has inspired you to eat healthier, we have the simplest—and most delicious—solution: clean eating. By Michelle Dudash, R.D.N.

Eating clean may seem like a new buzzy idea, but really it's about going back to some sane, basic healthy-eating principles. If you've lived by these principles for years, think of this as a helpful reminder. Clean eating means filling your plate with real, whole foods, eating a variety of vegetables, fruits and whole grains, moderate amounts of lean meats and sustainable seafood, dairy, nuts and seeds and healthy oils. Notice how you don't eliminate food groups? Eating clean also means choosing foods that are in season and limiting processed foods, salt, added sugars and unhealthy saturated fats.

These easy clean-eating dinners from the *EatingWell* Test Kitchen are a perfect example of how you can fill your plate with nourishing, gobble-me-up foods. Broccoli Rabe & Chicken White Pizza slashes a lot of the sodium found in typical pizza and spares no expense with flavor. You won't miss the meat in Stuffed Delicata Squash, made with just a little lean beef and bulgur flecked with toasty-flavored pepitas and lots of warming chili powder. Sweet Potato Macaroni & Cheese can be made in just 10 more minutes than mac & cheese from a box—and is packed with beta carotene from sweet potatoes and fiber from whole-wheat pasta. So what are you waiting for? This year, resolve to eat cleaner, fresher, tastier for a healthier you.

MICHELLE DUDASH *is a registered dietitian nutritionist and author of* Clean Eating for Busy Families *(Fair Winds, 2012).*

Principles *of* Clean Eating

1 Limit Processed Food

Some packaged foods—like yogurt or bagged greens—are "clean." To pick healthy processed foods, look for whole foods in ingredient lists. If an ingredient sounds suited for a chemical lab, think twice. Another benefit to limiting processed food: in a study in *Food & Nutrition Research*, people who ate a "whole food" sandwich (Cheddar on multigrain bread) burned about 64 more calories per meal than those who ate a "processed" sandwich (processed cheese on white bread). The energy needed to digest a less-refined, more nutrient-dense sandwich may explain the extra calorie burn.

To make your own coarse dry breadcrumbs to top this baked mac & cheese, trim crusts from whole-wheat bread, tear the bread into pieces and process in a food processor until coarse crumbs form. Spread on a baking sheet and bake at 250°F until dry, 10 to 15 minutes. (One slice of bread makes about ⅓ cup dry breadcrumbs.)

SWEET POTATO MACARONI & CHEESE

ACTIVE: 30 MIN **TOTAL:** 30 MIN

Fiber-rich sweet potato is used as the base for the cheese sauce in this homemade macaroni and cheese. The bright orange color tricks the eye into thinking the dish is loaded with cheese, but there's actually about half as much cheese as compared to a traditional recipe.

- 8 ounces whole-wheat elbow noodles (2 cups)
- 1 medium sweet potato (about 12 ounces)
- 2 cups nonfat milk
- 2 tablespoons all-purpose flour
- 1 small clove garlic, minced
- 1¼ cups shredded sharp Cheddar cheese
- 1 tablespoon Dijon mustard
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- ½ cup frozen peas, thawed
- 3 tablespoons coarse dry whole-wheat breadcrumbs *(see Tip, above)*
- 1 teaspoon extra-virgin olive oil

1. Position a rack in upper third of oven; preheat broiler. Coat a 2-quart broiler-safe baking dish with cooking spray.

2. Cook noodles in a large pot of boiling water until just tender, 7 to 9 minutes. Drain, set aside.

3. Meanwhile, prick sweet potato with a fork in several places. Microwave on High until tender all the way to the center, 7 to 10 minutes.

4. Whisk milk, flour and garlic in a large saucepan. Heat over medium heat, whisking frequently, until steaming and hot, but not boiling. Remove from heat.

5. As soon as the sweet potato is cool enough to handle, cut open and scoop the flesh into the steaming milk. Puree with an immersion blender until smooth. *(Alternatively, transfer to a blender and puree just until smooth, then return to the pot; use caution when pureeing hot liquids.)*

6. Add cheese, mustard, salt and pepper and stir until the cheese melts. Add the pasta and peas to the sauce and stir to coat. Transfer to the prepared baking dish. Combine breadcrumbs and oil and sprinkle on the pasta. Broil on the upper rack until the top is lightly browned and crispy, 1 to 2 minutes.

SERVES 4: ABOUT 1¼ CUPS EACH

Calories 479 **Fat** 14g (sat 8g), **Cholesterol** 40mg, **Carbs** 68g, **Total sugars** 13g (added 0g), **Protein** 24g, **Fiber** 10g, **Sodium** 511mg, **Potassium** 628mg

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2 Watch the Sodium

Americans regularly eat 1,000 mg *more* sodium than the recommended daily limit of 2,300 mg, mostly from processed foods and restaurant meals. (Your recommended daily limit is even lower at 1,500 mg if you're 51 years or older, African American, have high blood pressure, diabetes or kidney disease.) Help your heart and blood pressure: cook from scratch as much as possible so you can control the amount of added salt and be creative with how you flavor foods. Use plenty of spices, fresh herbs and vinegar or citrus.

BROCCOLI RABE & CHICKEN WHITE PIZZA

ACTIVE: 35 MIN **TOTAL:** 45 MIN

The bold flavors of garlic, crushed red pepper and lemon make up for the fact that this chicken pizza is much lower in sodium than a typical pizza. Not a fan of bitter greens? Opt for broccolini or broccoli instead. Look for prepared whole-wheat pizza dough at your supermarket, fresh or frozen, made without partially hydrogenated oils. Or make your own using our Whole-Grain Pizza Dough recipe (eatingwell.com).

- 1 pound whole-wheat pizza dough (see note, above)
- 12 ounces boneless, skinless chicken breast, trimmed
- 4 tablespoons extra-virgin olive oil, divided
- ¼ cup thinly sliced garlic
- 6 cups chopped broccoli rabe or 4 cups chopped broccolini or broccoli
- Zest of 1 lemon
- ½ teaspoon crushed red pepper, plus more to taste
- ¼ teaspoon salt
- ½ cup part-skim ricotta
- 1 tablespoon lemon juice

1. Position a rack in lowest position of oven; preheat to 425°F. Line a large rimmed baking sheet with parchment paper or coat with cooking spray.

2. Roll out dough on a lightly floured surface to about the size of the baking sheet; transfer to the prepared baking sheet. Bake until puffed and crisped on the bottom, 8 to 10 minutes.

3. Meanwhile, cut chicken in half lengthwise and then crosswise into thin strips. Heat 3 tablespoons oil in a large skillet over medium-high heat. Add garlic and cook, stirring, until just starting to brown, 30 seconds to 1 minute. Add the chicken, broccoli rabe (or broccolini or broccoli), lemon zest, crushed red pepper and salt; cook, stirring, until the chicken is just cooked through, 4 to 5 minutes. Remove from heat.

4. When the crust is done, remove from the oven, flip it over and brush with the remaining 1 tablespoon oil. Using a slotted spoon (to help drain any excess liquid), transfer the chicken mixture to the crust and spread evenly. Combine ricotta and lemon juice and dollop all over the pizza.

5. Return the pizza to the oven and bake until the crust is crispy on the bottom, 6 to 8 minutes more.

SERVES 5

Calories 432, **Fat** 20g (sat 3g), **Cholesterol** 45mg, **Carbs** 44g, **Total sugars** 3g (added 1g), **Protein** 25g, **Fiber** 4g, **Sodium** 443mg, **Potassium** 350mg

3 Eat Less Meat

While meat offers protein, iron and vitamin B_{12}, too much can pile on saturated fat and cholesterol. But you don't have to cut out meat entirely to eat healthy. Use a small amount to flavor largely plant-based dishes, like seasoning vegetable soup with bits of chicken or jazzing up noodles and vegetables with shreds of pork.

STUFFED DELICATA SQUASH

ACTIVE: 40 MIN **TOTAL:** 40 MIN

Here, we stuff delicata squash with a mixture of Tex-Mex seasoned ground beef and bulgur—swapping out half of the meat you'd normally use with bulgur to reduce saturated fat without skimping on the amount of stuffing.

- 2 small delicata squash (about 12 ounces each), halved and seeded
- 6 teaspoons extra-virgin olive oil, divided
- ½ teaspoon salt, divided
- ½ cup bulgur
- 1 cup water
- 1 small onion, chopped
- 8 ounces lean ground beef (90% or leaner)
- 2 tablespoons chili powder
- ½ cup nonfat or low-fat plain yogurt
- 4 teaspoons toasted pepitas (see Tip, page 99)

1. Preheat oven to 425°F.

2. Brush the cut sides of the squash with 2 teaspoons oil and sprinkle with ¼ teaspoon salt. Place facedown on a large baking sheet. Bake until tender and browned on the edges, 25 to 30 minutes.

3. Meanwhile, bring bulgur and water to a boil in a small saucepan. Reduce heat, cover and simmer until tender and most of the liquid is absorbed, about 10 minutes. Drain well.

4. Heat the remaining 4 teaspoons oil in a large skillet over medium heat. Add onion; cook, stirring, until beginning to brown, 4 to 5 minutes. Add beef, chili powder and the remaining ¼ teaspoon salt; cook, stirring and breaking up with a spoon, until the meat is cooked through, about 5 minutes. Stir in the bulgur and cook 1 minute. Stir in yogurt.

5. Spoon about ¾ cup filling into each squash half. Serve sprinkled with pepitas.

SERVES 4: ½ STUFFED SQUASH EACH

Calories 344, **Fat** 15g (sat 3g), **Cholesterol** 44mg, **Carbs** 35g, **Total sugars** 6g (added 0g), **Protein** 22g, **Fiber** 10g, **Sodium** 443mg, **Potassium** 874mg

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SPAGHETTI SQUASH & MEATBALLS

ACTIVE: 45 MIN **TOTAL:** 45 MIN

Get more vegetables in your diet by skipping the pasta, serve meatballs and sauce over thin strands of cooked spaghetti squash instead. In this recipe we cook the squash first in the microwave and then in a skillet to cook off the extra moisture, giving the squash a more spaghetti-like texture.

- 1 3-pound spaghetti squash
- 2 tablespoons water
- 2 tablespoons extra-virgin olive oil, divided
- ½ cup chopped fresh parsley, divided
- ½ cup finely shredded Parmesan cheese, divided
- 1¼ teaspoons Italian seasoning, divided
- ½ teaspoon onion powder
- ½ teaspoon salt, divided
- ½ teaspoon freshly ground pepper
- 1 pound 93%-lean ground turkey
- 4 large cloves garlic, minced
- 1 28-ounce can no-salt-added crushed tomatoes
- ¼-½ teaspoon crushed red pepper

1. Halve squash lengthwise and scoop out the seeds. Place facedown in a microwave-safe dish, add water. Microwave, uncovered, on High until the flesh can be easily scraped with a fork, 10 to 15 minutes.

2. Heat 1 tablespoon oil in a large skillet over medium-high heat. Scrape the squash flesh into the skillet and cook, stirring occasionally, until the moisture is evaporated and the squash is beginning to brown, 5 to 10 minutes. Stir in ¼ cup parsley. Remove from heat, cover and let stand.

3. Meanwhile, combine the remaining ¼ cup parsley, ¼ cup Parmesan, ½ teaspoon Italian seasoning, onion powder, ¼ teaspoon salt and pepper in a medium bowl. Add turkey; gently mix to combine (do not overmix). Using about 2 tablespoons each, form into 12 meatballs.

4. Heat the remaining 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add the meatballs, reduce heat to medium and cook, turning occasionally, until browned all over, 4 to 6 minutes. Push the meatballs to the side of the pan, add garlic and cook, stirring, for 1 minute. Add tomatoes, crushed red pepper to taste, the remaining ¾ teaspoon Italian seasoning and ¼ teaspoon salt; stir to coat the meatballs. Bring to a simmer, cover and cook, stirring occasionally, until the meatballs are cooked through, 10 to 12 minutes more.

5. Serve the sauce and meatballs over the squash, sprinkled with the remaining ¼ cup Parmesan.

SERVES 4: ¾ CUP SQUASH, ¾ CUP SAUCE & 3 MEATBALLS EACH

Calories 409, **Fat** 18g (sat 5g), **Cholesterol** 74mg, **Carbs** 31g, **Total sugars** 14g (added 0g), **Protein** 32g, **Fiber** 8g, **Sodium** 581mg, **Potassium** 1,233mg

Eat More Vegetables Low in calories and packed with fiber, vegetables are also bursting with vitamins and minerals. Eating more veggies in small amounts here and there will add up quickly and help you get the 2½-3 cups per day that's recommended for most adults. Whir spinach into smoothies, tuck snap peas into wraps and sandwiches, double up vegetables in stir-fries. When dining out, start your meal with a salad or order a vegetarian entree.

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Choose Whole Grains Replace refined grains with whole ones to capture beneficial nutrients in the bran and germ. Start your day with steel-cut oats, add quinoa or freekah (roasted, rubbed green grain, usually wheat) to salads and try wild or b ack rice with dinner. The extra fiber might also slim you down: people who eat 3 or more whole-grain servings daily have lower body mass indexes and less belly fat than those eating fewer servings, says a study in the *Journal of Nutrition*.

QUINOA PILAF WITH SEARED SCALLOPS

ACTIVE: 35 M N **TOTAL:** 35 M N

Make whole grains the center of your dinner plate with this citrus-studded quinoa pilaf topped with sweet sea scallops. Be sure to buy "dry" sea scallops (scallops that have not been treated with sodium tripolyphosphate, or STP). Scallops treated with STP ("wet" scallops) are higher n sodium, have a mushy texture and do not brown properly.

- 2 tablespoons extra-virgin olive oil, divided
- 3 scallions, sliced, greens and whites separated
- 1 cup quinoa
- 1 cup water
- 2 medium blood oranges or navel oranges
- ¼ cup toasted sliced almonds (see Tip, page 99), divided
- ¼ cup chopped fresh cilantro
- 1 teaspoon ground cumin, divided
- ½ teaspoon ground coriander, divided
- ¼ teaspoon salt
- 1 pound dry sea scallops

1. Heat 1 tablespoon oil in a large saucepan over medium-high heat. Add sca lion whites; cook, stirring, until beginning to brown, about 1 m nute. Add quinoa; cook, stirring unti toasted and fragrant, about 1 minute more. Add water; bring to a boil. Reduce heat, cover and simmer until tender, 10 to 15 minutes. Let stand, covered, for 5 minutes.

2. Meanwhi e, slice ends off oranges. W th a sharp kn fe, remove the peel and white pith, discard. Working over a large bowl, cut the orange segments from their surrounding membranes. Squeeze juice from the membranes into the bowl before discarding them, f desired. Add the scallion greens, almonds, cilantro, ½ teaspoon cumin, ¼ teaspoon coriander and sa t to the bowl; gently stir to combine.

3. Pat scallops dry and sprinkle both sides with the rema ning ½ teaspoon cumin and ¼ teaspoon coriander. Heat the remaining 1 tablespoon oil in a large cast-iron or nonstick skillet over medium-high heat. Add the scallops and cook until golden brown, 2 to 3 minutes per side. (To prevent overcooking, transfer the scallops to a plate as soon as they are done.)

4. Add the quinoa to the bowl with the orange mixture and gently stir to combine. Serve the scallops over the warm quinoa salad.

SERVES 4: ABOUT 3 SCALLOPS & ¾ CUP SALAD EACH

Calories 368, **Fat** 13g (sat 2g), **Cholesterol** 27mg, **Carbs** 41g, **Total sugars** 9g (added 0g), **Protein** 22g, **Fiber** 6g, **Sodium** 597mg, **Potassium** 668mg.

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MARKET PICK

TILAPIA

Freshwater Wonder

Mild, sweet tilapia cooks up in a flash and is endlessly versatile. Try it tonight baked with a creamy curry sauce or "fried" and served as a Cajun po'boy.

Sustainability Well suited to aquaculture, this fish is fast-growing and can be raised on a vegetarian diet. North American tilapia is a "best choice," according to the Monterey Bay Aquarium Seafood Watch program, but it's in limited supply. Much imported tilapia was once considered unsustainable, but consumer demand has prompted many farms to improve their practices. For the most up-to-date information about fish choices, go to *seafoodwatch.org*.

Matters of Size Tilapia fillets range in size from 4 to [illegible] ounces. A healthy *EatingWell*-recommended portion is 4 to 5 ounces raw. If you want to serve one fillet per person, choose smaller fillets. Depending on the recipe and what's available at your market, you may need to cut larger fillets before or after cooking for the right serving size.

Go for Frozen We prefer to buy frozen tilapia. Surprised? Tilapia is frozen at temperatures well below zero within hours of harvest. The deep freeze preserves the quality of the fish. Buying frozen means you can defrost it before cooking without wondering how long it's been at the fish counter. Look for vacuum-sealed tilapia or ask to buy frozen fillets from the seafood department. Defrost overnight in the refrigerator.

TILAPIA PO'BOY

ACTIVE: 25 MIN. TOTAL: 25 MIN.

Forget the deep-fry—the tilapia in this Cajun classic is coated in cornmeal and cooked in just 2 tablespoons of oil. The result? A crispy fish sandwich without the extra calories. Serve with coleslaw and sweet potato fries.

- 2 large tilapia fillets (6-7 ounces each)
- 2 teaspoons Cajun spice blend (without added salt)
- ½ teaspoon salt
- 1 large egg white
- 2 tablespoons water
- ½ cup fine cornmeal
- 2 tablespoons canola oil, divided
- 5 tablespoons low-fat mayonnaise
- 3 tablespoons finely chopped dill pickle
- 4 small whole-wheat hoagie buns (2-3 ounces each), toasted
- 2 ripe plum tomatoes, sliced
- ½ cup thinly sliced red onion
- 2 cups very thinly sliced romaine

1. Sprinkle fish with Cajun spice and salt, then cut each fillet in half lengthwise. Whisk egg white and water in a shallow dish. Place cornmeal in another shallow dish. Dip the fish in the egg mixture, then in the cornmeal. (Discard any leftover egg and cornmeal.)

2. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add the fish (it will be a tight fit) and cook until golden brown on the bottom, 3 to 5 minutes. Turn over; swirl in the remaining 1 tablespoon oil and cook until the fish is golden brown on the other side and opaque in the middle, 3 to 5 minutes more.

3. Combine mayonnaise and pickle in a small bowl. To assemble the sandwiches, spread 1 generous tablespoon of the mixture on each bun. Top with a piece of fish, tomato, onion and lettuce.

SERVES 4

Calories 379, Fat 15g (sat 2g), Cholesterol 47mg, Carbs 42g, Total sugars 10g (added sugars 5g), Protein 25g, Fiber 6g, Sodium 860mg, Potassium 578

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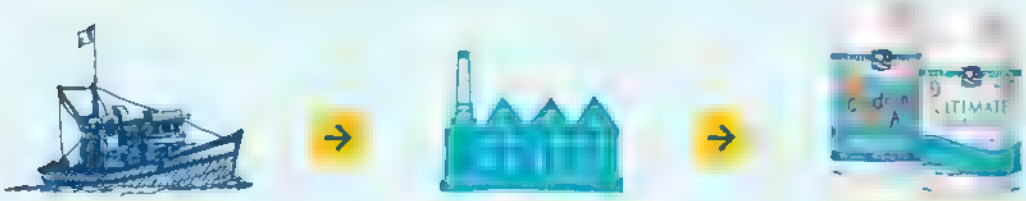

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IS IT DONE?

Fish is cooked when it reaches 145°F. To test doneness without a thermometer, insert a fork into the fish and twist. If it flakes easily and looks opaque, it's done.

SPINACH & GRUYÈRE STUFFED TILAPIA

ACTIVE: 20 MIN **TOTAL:** 35 MIN

You'll need two larger fillets cut lengthwise to make these savory tilapia rolls. Or look for frozen tilapia "loins" and use one loin per roll.

- 3 teaspoons extra-virgin olive oil, divided
- ¼ cup finely diced onion
- 1 small clove garlic, minced
- 1½ cups baby spinach, chopped
- 1 lemon, divided
- ¼ cup coarse dry whole-wheat breadcrumbs (panko)
- ¼ cup shredded Gruyère cheese
- 2 tablespoons finely chopped almonds, toasted *(see Tip, page 99)*
- 1 large egg, beaten
- 2 teaspoons low-fat mayonnaise
- ¼ teaspoon salt, divided
- ¼ teaspoon pepper, divided
- 2 large tilapia fillets (6-7 ounces each)

1. Preheat oven to 400°F. Coat a 9-by-13-inch baking dish with cooking spray.

2. Heat 2 teaspoons oil in a medium nonstick skillet over medium heat. Add onion, cook, stirring, until soft, about 2 minutes. Add garlic, cook for 15 seconds, then add spinach and cook, stirring, until wilted, about 1 minute. Transfer the vegetables to a bowl and let cool for 2 minutes.

3. Cut lemon in half, juice one half and add the juice to the vegetables. Add breadcrumbs, cheese, almonds, egg, mayonnaise and ⅛ teaspoon each salt and pepper; stir to combine.

4. Sprinkle fish with the remaining ⅛ teaspoon each salt and pepper then cut each fillet in half lengthwise. Place ¼ cup of the spinach stuffing in the middle of each piece of fish. Roll up from the small end and place seam-side down in the prepared baking dish. Brush the stuffed fish with the remaining 1 teaspoon oil. Cut the remaining lemon half into 4 slices and place one on each roll.

5. Bake until the tilapia is opaque in the middle, 12 to 15 minutes.

SERVES 4

Calories 209, Fat 10g (sat 3g), Cholesterol 97mg, Carbs 7g, Total sugars 1g (added 0g), Protein 23g, Fiber 1g, Sodium 266mg, Potassium 389mg

TILAPIA WITH GRAPEFRUIT-CAPER SAUCE

ACTIVE: 25 MIN **TOTAL:** 25 MIN

Citrus sauces are delicious with white fish. Here we combine grapefruit, shallot, capers, butter and a touch of honey for a rich, bittersweet sauce for tilapia. Any grapefruit will work, but we think the look of vibrant ruby-red grapefruit is the prettiest. Serve with whole-wheat couscous and broccolini.

- 2 medium red grapefruit
- 1 tablespoon extra-virgin olive oil
- 1-1¼ pounds tilapia
- ½ teaspoon salt, divided
- ¼ teaspoon freshly ground pepper
- 3 tablespoons finely chopped shallot
- 1 tablespoon capers, rinsed
- 1 tablespoon butter
- 2 teaspoons honey

1. Slice both ends off one grapefruit. With a sharp knife, remove the peel and white pith, discard. Working over a small bowl, cut the segments from their surrounding membranes. Set aside. Juice the second grapefruit into another small bowl. Drain any accumulated juice from the segments into the bowl with juice.

2. Heat oil in a large nonstick skillet over medium-high heat. Sprinkle both sides of fish with ¼ teaspoon salt and pepper. Add the fish to the pan and cook until browned and opaque in the middle, 3 to 5 minutes per side. Remove to a plate, leaving behind as much oil as possible. Tent with foil to keep warm.

3. Add shallot to the pan over medium-high heat; cook, stirring, until starting to brown, about 1 minute. Add the grapefruit juice, capers, butter, honey and remaining ¼ teaspoon salt and cook, stirring, until the sauce has thickened slightly, 1 to 2 minutes more. Remove from the heat and stir the grapefruit segments into the sauce. Serve the fish with the sauce.

SERVES 4. 4 OZ. FISH & 2 TBSP. SAUCE EACH

Calories 233, Fat 9g (sat 3g), Cholesterol 64mg, Carbs 17g, Total sugars 12g (added 3g), Protein 24g, Fiber 2g, Sodium 373mg, Potassium 531mg

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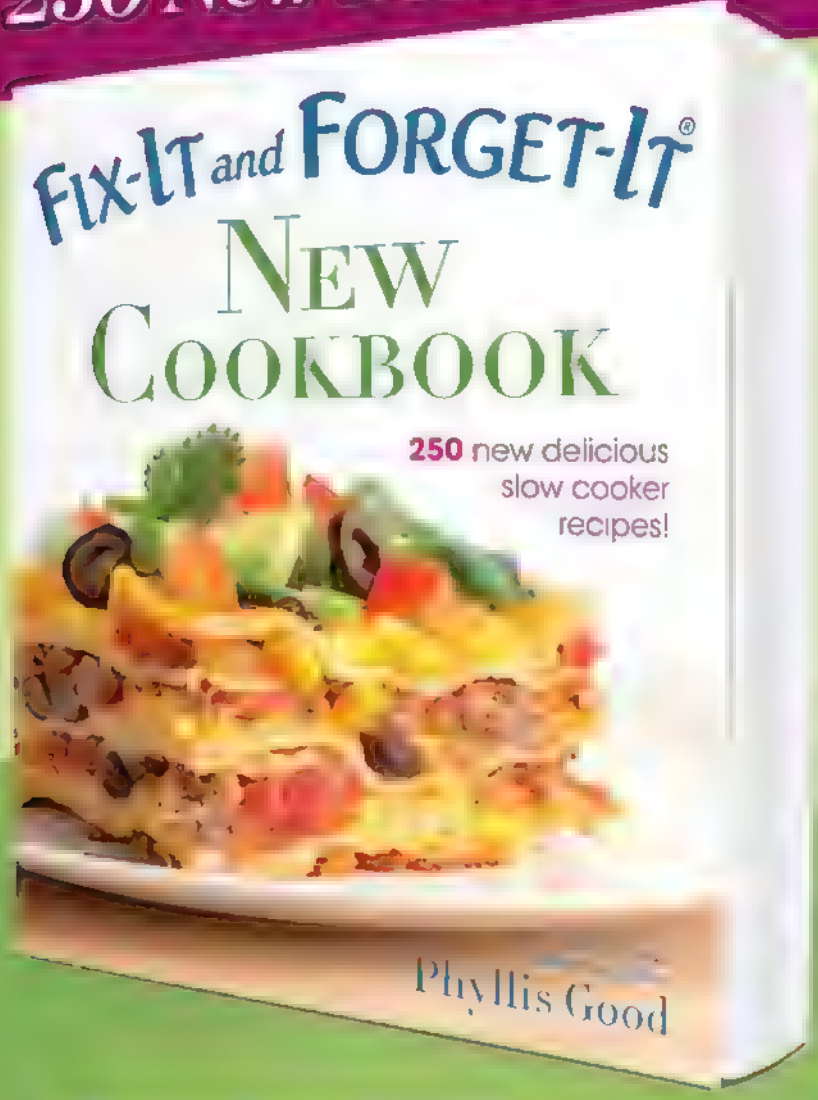

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MARKET PICK

SUPER-LEAN: Unlike fattier salmon or trout, tilapia's not rich in heart-healthy omega-3s, but tilapia is a very lean source of protein (109 calories, 22 g protein, 1 g saturated fat per 3-ounce serving).

BAKED TILAPIA CURRY

ACTIVE: 20 MIN **TOTAL:** 30 MIN

[illegible] and vegetable curry made with [illegible] curry paste. The curry paste [illegible] Serve with [illegible]

- 1 tablespoon canola oil
- 2 medium-to-large red bell peppers, halved and sliced
- 1 medium shallot, finely chopped
- 2 tablespoons Thai yellow curry paste
- 1 14-ounce can "lite" coconut milk
- 1 tablespoon lime juice
- 1 teaspoon brown sugar
- 1-1¼ pounds tilapia fillets
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- ⅛ cup chopped fresh cilantro

1. Preheat oven to 425°F. Coat a 9-by-13-inch baking dish with cooking spray
2. Heat oil in a large nonstick skillet over medium-high heat. Add bell peppers and shallot and cook, stirring, until the peppers are softened, 3 to 5 minutes. Add curry paste and cook, stirring, for 1 minute. Add coconut milk, lime juice and brown sugar and bring to a boil. Reduce heat and simmer for 2 minutes to blend flavors.
3. Place tilapia in the prepared baking dish and sprinkle with salt and pepper. Pour the curry sauce over the fish.
4. Bake until the fish is opaque in the middle, about 15 minutes. Sprinkle with cilantro.

SERVES 4: 4 OZ. FISH & ⅛ CUP SAUCE EACH
Calories 262, **Fat** 13g (sat 6g), **Cholesterol** 57mg, **Carbs** 11g, **Total sugars** 5g (added 1g), **Protein** 25g, **Fiber** 2g, **Sodium** 518mg, **Potassium** 498mg.

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The old saying "you win some, you lose some" could easily be rephrased when it comes to dieting: "You lose some, you gain some". For too many of us, life has become run by the constant ups and downs of the numbers on the scale. We move from one weight loss regimen to the next, constantly trying to lose weight or keep lost weight off, telling ourselves each time that this is the last attempt. Instead of feeling confident after a diet, we hold on to the clothes that have become too loose, "just in case". Because we learned from experience that diet success isn't always - or hardly ever - meant to last. But it doesn't have to be this way!

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Your Bikini Emergency Plan

Week 1:

Replace all 3 meals with an Almased shake. For each shake mix 8 Tbsp Almased in 10-12 oz of water, skim milk, almond or soy milk and add 1-2 tsp of canola, olive or flaxseed oil. In addition, drink as much vegetable broth as you like.

Week 2 and beyond:

Replace 2 meals, preferably breakfast and dinner with an Almased shake and have 1 healthy meal with lots of vegetables, lean protein (e.g. chicken, fish, tofu) and a small serving of whole grains (e.g. brown rice, quinoa, whole grain pasta).

Ask our Nutritionist

Silke Jilmann is a licensed, registered dietitian who provides nutritional guidance for Almased. Contact Silke at **nutritionist@almased.com**.

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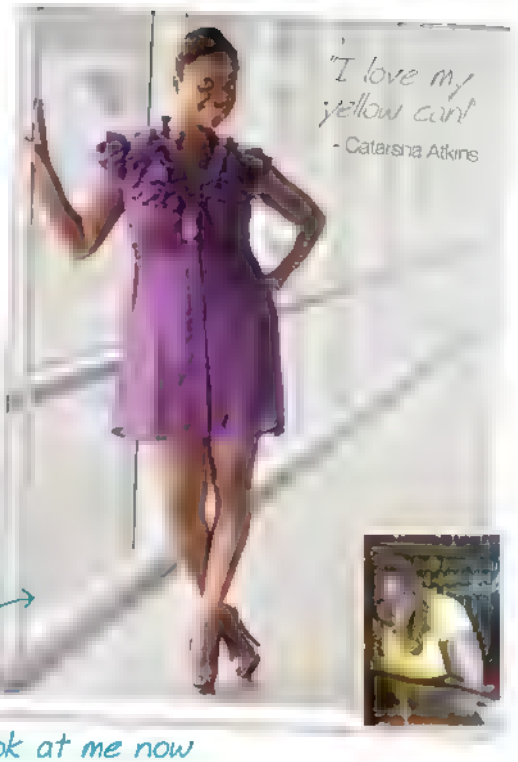

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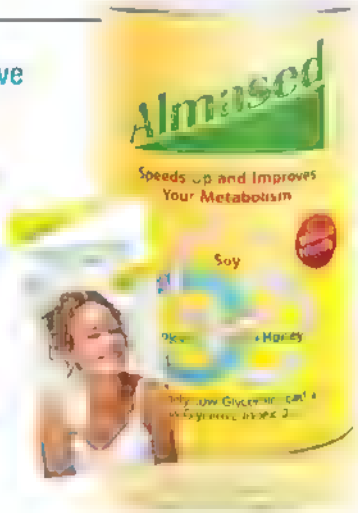

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IN SEASON

PINEAPPLE

Sweet Gold

Discover how beautifully pineapple plays with both savory and sweet in 4 easy recipes

If you love the honey-sweet flavor of fresh pineapple, pay special attention to the bottom of the fruit. A pineapple starts ripening where it's attached to the plant, so a bite from the bottom is always the sweetest. Fresh pineapple is also unique because it contains bromelain, an enzyme that may help reduce inflammation and alleviate arthritis symptoms. In cooking, bromelain acts as a meat tenderizer in marinades, but it can be tricky in baking: when heated, it reacts with dairy, causing an off flavor and crumbly texture. We avoid this problem by using coconut oil instead of butter in our Mini Pineapple Pound Cakes. If you want to add pineapple to baked goods, the easiest way is to use canned—the heat in the canning process neutralizes the enzyme. We also love fresh pineapple in savory dishes. Try salty-sweet Prosciutto-Wrapped Pineapple Bites at your next party or bring a taste of the tropics to your table with a fragrant bowl of Thai Rice Pilaf speckled with pineapple, fresh herbs and crunchy peanuts. Bottoms up! —**Breana Lai**

Pineapples stop ripening when picked. Choose one with a fruity scent and eat within 2 days or store in the refrigerator.

THAI RICE PILAF

ACTIVE: 15 MIN **TOTAL:** 15 MIN

This quick rice pilaf gets bright flavor from Thai-inspired ingredients: lime juice, fish sauce, peanuts and plenty of fresh herbs. Serve it with roast pork tenderloin or pan-seared fish.

- ¾ cup water
- 1 cup instant brown rice
- 2 tablespoons lime juice
- 2 teaspoons canola oil
- 1½ teaspoons fish sauce
- 1 teaspoon sugar
- ¼ teaspoon crushed red pepper
- 1 cup chopped pineapple, fresh or canned
- ½ cup finely chopped carrot
- ½ cup chopped fresh basil, cilantro *and/or* mint
- 2 scallions, sliced
- 2 tablespoons chopped unsalted peanuts

1. Bring water to a boil in a medium saucepan. Add rice, reduce heat to maintain a simmer, cover and cook for 5 minutes. Remove from heat and let sit until the water is all or mostly absorbed, about 5 minutes more. Drain any remaining water.

2. Meanwhile, stir lime juice, oil, fish sauce, sugar and crushed red pepper together in a medium bowl until the sugar dissolves.

3. Stir the rice, pineapple, carrot, herbs and scallions into the dressing. Sprinkle with peanuts.

SERVES 4: ABOUT ¾ CUP EACH

Calories 175, **Fat** 6g (sat 1g), **Cholesterol** 0mg, **Carbs** 28g, **Total sugars** 7g (added 1g), **Protein** 4g, **Fiber** 3g, **Sodium** 196mg, **Potassium** 206mg.

Flakes of coconut adorn this easy dessert. To make it super-flavorful, toast coconut in a small skillet over medium-low heat, stirring, until fragrant.

PINEAPPLE & COCONUT NAPOLEONS

ACTIVE 20 MIN **TOTAL:** 20 MIN

Prepare these beautiful pineapple stacks when you want a special dessert without a lot of effort. We use store-bought angel food cake to keep it brilliantly simple and fast.

- 8 fresh pineapple rings (about ¼ inch thick), divided
- 1 teaspoon light brown sugar
- ½ cup heavy cream
- ½ cup nonfat vanilla Greek yogurt
- ¼ teaspoon vanilla extract
- 8 ½-inch-thick slices prepared angel food cake (about 5 ounces)
- 4 teaspoons toasted unsweetened coconut *(see Tip, left)*

1. Preheat broiler to high.

2. Place 4 pineapple rings on a small baking sheet and sprinkle with brown sugar. Broil 3 to 4 inches from the heat source just until the sugar is melted, about 2 minutes.

3. Whip cream with an electric mixer until stiff. Gently fold in yogurt and vanilla.

4. Divide the remaining pineapple rings among 4 plates. Top each ring with 2 tablespoons of the cream, 2 slices of cake, side by side, and another 2 tablespoons cream. Top each stack with a ring of sugared pineapple, sprinkle with coconut and serve.

SERVES 4

Calories 272, **Fat** 12g (sat 8g), **Cholesterol** 41mg, **Carbs** 36g, **Total sugars** 22g (added 11g), **Protein** 6g, **Fiber** 2g, **Sodium** 207mg, **Potassium** 215mg.

EDITOR'S PICK

"I use OXO's pineapple-slicing tool all the time. You get absolutely perfect rings in seconds. So cool!"

–Jessie Price, Editor-in-Chief

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MINI PINEAPPLE POUND CAKES

ACTIVE: 20 MIN **TOTAL:** 50 MIN (PLUS COOLING TIME)

TO MAKE AHEAD: Wrap cooled cakes and store at room temperature for up to 2 days, freeze airtight for up to 3 months.

EQUIPMENT: 3 nonstick mini loaf pans (6-by-3-inch, 2-cup capacity), parchment paper

- 1 cup white whole-wheat flour *(see Tip, page 99)*
- ¾ cup all-purpose flour
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 1½ cups chopped pineapple, fresh or canned, divided
- 1 tablespoon water or pineapple juice
- ½ cup sugar
- 3 tablespoons coconut oil, melted *(see Tip, page 99)*
- 1 teaspoon vanilla extract
- 2 large eggs

1. Preheat oven to 350°F. Line the bottoms of three 6-by-3-inch nonstick mini loaf pans with parchment paper; coat with cooking spray.

2. Whisk whole-wheat flour, all-purpose flour, baking soda and salt in a medium bowl.

3. Puree ¾ cup pineapple and water (or juice) in a mini food processor or blender until smooth, scraping down the sides as needed. Beat sugar, coconut oil and vanilla in a bowl with an electric mixer on medium-high speed until combined. Beat in the pureed pineapple and eggs. Finely chop the remaining ¾ cup pineapple and fold it in.

4. Make a well in the dry ingredients and pour in the wet ingredients; fold until combined. Divide the batter among the prepared pans.

5. Bake the cakes until the tops are golden and a cake tester inserted in the center comes out clean, 30 to 35 minutes. Cool in the pans on a wire rack for 15 minutes. Loosen the edges and turn the loaves out onto the rack to cool completely before slicing.

SERVES 12: ¼ MINI LOAF EACH

Calories 147, **Fat** 4g (sat 3g), **Cholesterol** 31mg, **Carbs** 25g, **Total sugars** 11g (added 8g), **Protein** 3g, **Fiber** 2g, **Sodium** 113mg, **Potassium** 56mg

PROSCIUTTO-WRAPPED PINEAPPLE BITES

ACTIVE: 30 MIN **TOTAL:** 30 MIN

EQUIPMENT: Parchment paper, toothpicks

- 1 fresh pineapple
- 4 thin slices prosciutto (2 ounces)
- ½ cup pineapple juice
- 2 tablespoons ketchup
- 1 tablespoon cider vinegar
- 1½ teaspoons cornstarch
- ¼ teaspoon garlic powder
- 1 teaspoon canola oil
- 1 fresh jalapeño, seeded and finely chopped

LEARN PINEAP

1. Position rack in upper third of oven, preheat to 375°F. Line a large baking sheet with parchment paper.

2. Cut off the top and bottom of the pineapple and remove the skin with a sharp knife. Cut the pineapple in quarters lengthwise through the core. Cut out the core. (Reserve half the pineapple for another use.) Cut 2 of the pieces in half again lengthwise, then cut those 4 pieces crosswise into 6 equal pieces to make 24 chunks. Cut each slice of prosciutto lengthwise into 3 strips. Cut each strip in half crosswise to make 24 pieces total. Wrap a piece of prosciutto around each chunk of pineapple. Place on the prepared baking sheet.

3. Bake on the upper rack until the prosciutto is sizzling and browned in spots, 15 to 20 minutes.

4. Meanwhile, whisk pineapple juice, ketchup, vinegar, cornstarch and garlic powder in a small bowl. Heat oil in a small saucepan over medium heat. Add jalapeño and cook, stirring, for 1 minute. Add the juice mixture; bring to a simmer. Cook until glossy and thickened, 1 to 2 minutes. Serve the pineapple bites on toothpicks with the dipping sauce.

SERVES 8: 3 "BITES" & ABOUT 1 TBSP SAUCE EACH

Calories 54, **Fat** 1g (sat 0g), **Cholesterol** 6mg, **Carbs** 9g, **Total sugars** 6g (added 0g), **Protein** 2g, **Fiber** 1g, **Sodium** 229mg, **Potassium** 79mg

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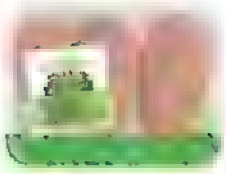

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SLIMMER, HEALTHIER, BETTER COOKS
As part of their diet club, Nancy, Julie and Judy (*left to right*) cooked dinners for each other. The results: they all lost weight, ate delicious dinners, like this slimmed-down chicken potpie, and improved their cooking skills.

Girlfriends' Diet Club

On the tree-lined streets of Chapel Hill, three women discovered they shared the same goal: to lose 20 pounds and keep it off. Here's how they slimmed down—and how you can too.

MEAL PLAN

By Kristyn Kusek Lewis

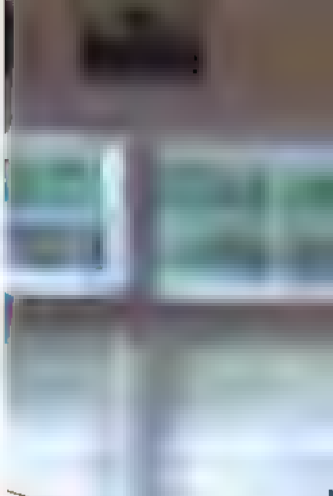
Photography by Jimmy Williams

One afternoon, just as Judy Lester was headed out of town with her family, her neighbor Nancy Roscigno called to say that her dinner was ready. "At the end of the driveway, Nancy handed me a delectable chicken dish through the car window," says Judy. "It was hot, beautifully prepared and such a treat to be able to eat that instead of fast food on the road." Was this some sort of Southern hospitality taken to the extreme? Not exactly. While Judy, Nancy and Julie Slocum know a thing or two about being thoughtful neighbors, this particular meal exchange happened for entirely different reasons.

The three women, all mothers-of-two who live in a wooded neighborhood in Chapel Hill, North Carolina, have been cooking for each other since 2010 as part of their self-designed "diet dinner club." Together, over six months, they met their weight-loss goals—and have since continued working together to keep the weight off.

An Idea Is Hatched

It all started one morning back in 2001 at the school bus stop, where Nancy, now 47, ran into her next-door neighbor Judy, now 56. "We were outside anyway and we thought why don't we start walking together after the kids go to school?" says Judy. They began walking a three-mile route around the neighborhood, and often saw their neighbor Julie, now 45, out walking her dog, so she joined them.



Diet

MEET JULIE

In 2010, nine years into their walking routine, they started talking about weight, and each confessed that she wasn't happy with her numbers on the scale. "I felt like I'd been gaining and losing the same 15 pounds for years," says Julie. Like many moms, she struggled to make food that was family-friendly but would also help her reach the goal weight that had eluded her since having kids. "I found myself snacking on the Goldfish crackers or treats that I gave my kids." Judy, a lifelong athlete, had recently returned to work as a hospital dietitian and no longer had time to keep up her workout routine. Her weight started to creep up for the first time in her life. And Nancy wanted to set a good example for her family: "I felt a huge responsibility to provide good choices and be the healthy role model that I wanted to be for my kids," she says.

"When one of us complained about feeling hungry 9 times out of 10 it was because we hadn't eaten enough protein," says Julie.

SECRET OF SUCCESS

Include Protein. While high-protein diets are controversial, diets that include protein at every meal help keep blood sugar levels steady and ward off hunger. There is also new evidence that a protein-rich breakfast can help prevent cravings and overeating later in the day: a University of Missouri study published in the *American Journal of Clinical Nutrition* found that people who ate higher-protein breakfasts were less likely to snack on high-fat foods later in the day and even into the evening, and also showed reduced activity in the area of the brain responsible for food cravings.

To help her shed that unwanted weight, Julie started researching meal-delivery programs: "The idea of ready-to-go, preportioned meals appealed to me," she says. But the cost and the potential that delivery dinners could be loaded with processed ingredients or not very tasty was a concern. And then—lightbulb moment—the women had an idea: what if, instead of paying for ready-made food from a company, they prepared healthy dinners for each other?

All three women love to cook. Judy's work as a dietitian for the University of North Carolina hospital system included developing recipes for heart patients. Julie volunteered at the cooking school at Southern Season, a local gourmet-foods store. Nancy grew up in a large Italian-American family, had been cooking since she was a kid and loved trying new recipes.

Over the next few days, the idea took shape. It wasn't long before they'd established a meal plan for Monday through Friday dinners for the next two weeks. They also set a goal: for six months, they'd plan and prepare healthy dinners for each other, and in the process, aim to each lose 20 pounds. Here's how they did it.

The Diet Club Plan

Judy was a longtime subscriber to *Eating Well* and had almost every issue going back to 2002. She hauled out her stacks of back issues and the three women began flipping through the magazines and compiling lists of recipes that sounded appealing. "I realized that this could be an opportunity to finally try all of the recipes I'd been marking

Ready to lose weight and feel great? Join our editors on January 1 for the EatingWell Diet Challenge. Go to *eatingwell.com/go/dietchallenge*

over the years," Judy says. In addition to a weekly dinner plan, the group devised a plan to move forward. These guidelines, they say, helped them stay on track.

All three women are about the same (petite) size, so to lose weight healthfully they needed to eat about 1,200 calories a day: 300 calories at breakfast and lunch, two 100-calorie snacks (one morning, one afternoon) and a 400-calorie dinner. (*To calculate how many calories you need to lose weight, see "How to Start Your Own Diet Club," page 60.*) For breakfast, lunch and snacks, they made their own individual choices, though they often cooked big batches of soup to share for lunch and traded meal ideas, like crock pot oatmeal, which became a breakfast favorite. (*For your own meal plan, see page 62.*) "We were so

The real difference for me compared to other weight-loss programs I've tried was the direct accountability that we felt toward each other says Nancy

SECRET OF SUCCESS

Cultivate Social Support. Dozens of studies have found that weight-loss programs are most effective when you have a helping hand, be it through a support group, online chat rooms or a group of friends. In one *American Journal of Clinical Nutrition* study, researchers found that in a group of formerly obese women, 80 percent of those who maintained their weight loss reported relying on social support. In contrast, of the women who regained, only 38 percent had support

committed to sticking to our 400-calorie dinner rule that when we made something like a casserole, we'd actually line a ruler up against the baking dish to make sure that we cut the correct portions," says Judy.

They carefully planned each dinner together and one of them emailed out the schedule after their biweekly meeting. Dinners had to be delivered in portioned packages by 6:00 each evening. Each week, two women cooked twice and one cooked once, which meant that over the course of three weeks, each woman cooked for the group just five times. The cook was only responsible for feeding their group of three—not each other's families—but, says Nancy, "if it was my night to cook and it was something that I thought my family would like, I'd make it for them plus two other portions for Judy and Julie."

Every other Sunday afternoon, the group met for an hour to compile the next two-week meal plan. "We really tried to keep it to an hour because we were all so busy and we wanted the experience to be as simple as possible," says Julie. They brought photocopies of the recipes that had been previous hits, which they each added to notebooks they compiled, along with ideas for the next two-week calendar. "If I was craving something in particular I looked it up online and brought the recipe," says Nancy. Over the course of the 10 months that they cooked for each other, only one recipe was vetoed—a Greek salad with sardines suggested by Nancy. "I still think that they'd like it if they tried it!" she laughs.

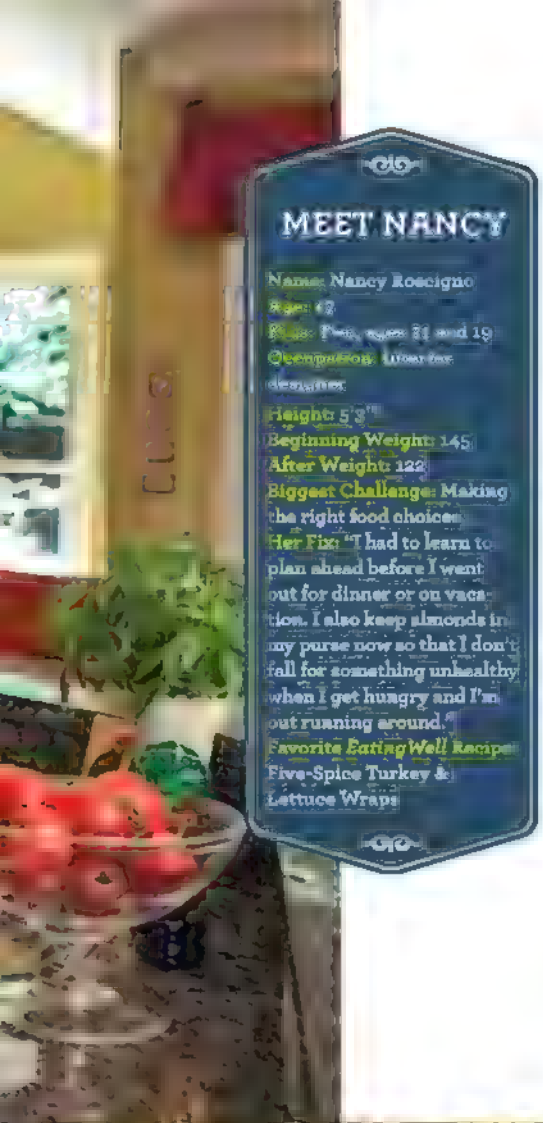
Each vowed to exercise at least five days a week. The women were already walking together daily—either in the morning or evening, depending on their schedules, and often twice a day. The evening walks quickly became an occasion to recap the dinners that they'd just eaten. When a new gym opened nearby, all three joined. "When it rained, instead of walking, we had elliptical dates," says Julie, who also traded workout DVDs with Nancy.

Different Women, Different Strengths

After just a few weeks of cooking for each other, the women found that they gravitated toward specific types of foods. Nancy favored Mediterranean cuisine. Julie liked

MEET JUDY

Name: Judy Lester
Age: 56
Kids: Two, ages 27 and 25
Occupation: Dietitian
Height: 5'0"
Beginning Weight: 183
After Weight: 130
Biggest Challenge: Finding time to exercise and plan healthy meals while working full-time
Her Fix: "I spend one day of the weekend cooking for the week."
Favorite *Eating Well* Recipe: Baja Butternut Squash Soup


MEET NANCY
Name: Nancy Roscigno
Age: 42
Kids: Two, ages 21 and 19
Occupation: Interior designer
Height: 5'3"
Beginning Weight: 145
After Weight: 122
Biggest Challenge: Making the right food choices
Her Fix: "I had to learn to plan ahead before I went out for dinner or on vacation. I also keep almonds in my purse now so that I don't fall for something unhealthy when I get hungry and I'm out running around."
Favorite EatingWell Recipe: Five-Spice Turkey & Lettuce Wraps

Asian and Indian foods. Judy loved seafood and vegetarian meals. Their varied tastes were a boon: "One of the coolest outcomes of this whole experience is that I tried a lot of new foods that are now some of my favorites to cook with, like poblano peppers and Chinese five-spice powder," says Julie. "It was actually easier to try new recipes with the group than it would have been to do it on my own because we opened our pantries to each other. If someone had a jar of spices or even a few leftover sausages from a package, we shared them with each other."

They also relied heavily on each other's expertise. "Judy's nutrition background really came in handy," says Julie. "During our walks or at the Sunday meetings, we'd ask her specific questions, like ideas for snacks [favorites were whole-grain crackers with homemade hummus or low-fat cheese, and fresh fruit] or how to stay full longer on days when we got hungry."

Judy and Julie swooned over the restaurant-quality appearance of Nancy's meals. "She would give me these beautifully garnished dinners. Honestly, they were better-looking than anything you could order in a restaurant," says Judy. "Their enhanced looks made the delicious dinners even more appealing."

Julie excelled at menu planning. "Her experience with the cooking school made her really good at pairing our meals with side dishes," adds Nancy. "Like adding mint to a salad to accompany a lamb dish or preparing an Asian slaw to go with teriyaki salmon."

More Than Just Losing Weight

Today, three and a half years later, they still rely on each other to help keep the weight off—and they've learned a thing or two about themselves

"When I looked in my closet and realized that every thing in it fit, that was my 'aha' moment," says Nancy. "And I was motivated to keep up with my new good habits." For Julie, it was discovering that she could routinely be in the kitchen with her kids after school and not be tempted by their after-school treats: "I stopped grazing, something I'd done for years. I realized how often I used to eat mindlessly. Now I enjoy afternoon snacks with intention and have actually found that eating carefully means I enjoy food more." Judy realized after she reached her goal that she finally felt like herself again: "When I stopped exercising as much after I went back to work, I lost a part of who I was. Reaching my weight goal was really about rediscovering myself, and a big

"We set calorie goals for each meal and afternoon snack so that we'd stay on track," says Judy. "By eating meals every few hours, we kept our blood sugar levels steady and felt full. Gone are the days of starvation dieting."

SECRET OF SUCCESS

Get Calorie-Specific. Research shows that meal regularity—eating at specific intervals throughout the day—aids weight loss. A recent University of Minnesota study of people who had lost at least 10 percent of their body weight within the past year found that those who ate regularly lost more weight compared to those who didn't or who habitually skipped meals. A bonus: The regular eaters also tended to eat more fruits and vegetables.

"When I went back to school to get my interior design degree, I often got hungry when I was studying late at night," says Nancy. "Instead of rummaging around in the pantry, I planned ahead for a 15-minute break that included a healthy snack."

SECRET OF SUCCESS

Anticipate Danger Zones. Planning ahead for potential pitfalls helps you reduce the likelihood that you'll make poor choices, and portion-controlled snacks ensure that you'll eat within reasonable limits. In a 2011 Cornell University study published in the journal *Obesity*, researchers found that when they gave subjects either one 400-calorie bag of crackers or four 100-calorie bags, the people given the 100-calorie bags ate an average of 25 percent less overall.

"Exercising every day is tough but by no means impossible," says Nancy. "I was able to stick to my commitment to walk or work out every day because I wanted to prove to my family that no matter how busy you are, you can make exercise a part of your routine."

SECRET OF SUCCESS

Exercise Daily. To lose 1 pound each week, you need to burn about 500 calories more than you eat each day, and it's very difficult to create that deficit simply by cutting calories. Plus, exercise helps you keep the weight off; according to research from the National Weight Control Registry (an ongoing study of people who've lost a minimum of 30 pounds and kept it off for at least a year), 90 percent of participants exercise an average of an hour each day.

How to Start Your Own Diet Club

BY BREANA LAI, M.PH., R.D.

Starting your own diet club is simple. Find partners, cook healthy meals for each other, exercise—and lose weight.

BUILD YOUR TEAM: Ask like-minded people who have a similar goal and will commit to cooking and exercising at least 3 times per week. Find potential people by hanging a sign at your gym or church, asking friends and/or family or even posting a request on Facebook.

SET GOALS & TIMELINE: Outline your goals from the outset to help keep everyone on track and motivated. Your goals should be measurable and reasonable, such as losing 1 pound a week for 2 months.

DO THE MATH: To lose 1 pound a week, use this equation: *[Your weight x 12] - 500 = Your daily calorie goal*. To lose up to 2 pounds a week subtract 1,000 instead of 500. Don't go below 1,200 calories.

CHOOSE A PLANNING DAY: Find about an hour, every other week, that works well for everyone to meet. Virtual meetings, via Skype or Google+ Hangouts, work too.

DESIGN YOUR MENU: Everyone should bring about 10 recipes they want to make to the meeting. Keep food allergies and food preferences in mind. At the meeting, pair entrees with sides to round out each meal and record your menu choices in a biweekly calendar.

ORGANIZE DROP-OFFS: Designate when, where and how food will be delivered and where food can be left if no one is home.

SCHEDULE EXERCISE: Choose times, locations and types of exercise, taking into consideration different abilities and fitness levels. Vary what you do to keep things interesting. Have a Plan B for inclement weather.

CHECK IN: Are you making progress with your goals? Plan to check in at regular intervals and help each other stay committed to exercise and healthy eating.

PLAY UP STRENGTHS: Identify what everyone likes to do and share the responsibilities accordingly. If one person likes to organize, have her or him be the secretary who emails the calendar created during the meetings. If someone enjoys hunting for new recipes, let that person bring extra recipe ideas to the planning meeting.

EVALUATE & ADJUST: Is everyone content with the schedule? Are there changes that need to be made? Be sure to communicate at least once a week with each other to keep it fun and inspiring for all.

part of that for me is the daily exercise regime I now maintain."

They also gained lifelong friends. "We became very close through this experience. There's nothing I wouldn't do for them," says Judy. And that built-in support system was what really drove their success.

The walks were "their therapy," they say, where they talked about their husbands and kids, goals and dreams, along with reviewing how their weight loss was going. "If I had an upcoming event like a cocktail party, our walk would become a strategy session," says Nancy. "We'd discuss what food was likely to be served, how I'd stay on track without calling attention to myself as the 'dieter,' whether it was better to eat beforehand, what would be hard to resist. By the time the walk was over, I'd have a plan because my girlfriends had talked me through it."

The accountability they felt toward each other also kept them in check. Judy and Julie—who tended to snack later at night—made a pact not to eat past 7:00 or 8:00 in the evening and rarely did, not wanting to let each other down. The commitment was especially effective when it came to exercise. "Even when I really didn't want to walk, I went anyway. I couldn't disappoint them," says Judy. And they weren't afraid to keep tabs on each other either: "Early one Sunday morning when Julie was away on vacation, she called me at what would have been our usual post-exercise time and asked how my workout went," says Nancy. "I was so busted. I had to admit to her that when my alarm went off, I smiled at the thought that she was away, hit snooze, and rolled over and went back to sleep. You'd better believe I stayed on track during the rest of her trip."

These days even though the three friends don't regularly cook for each other anymore, you can still find them walking through their neighborhood nearly every evening. "We rely on each other not just for our health, but for our daily lives," says Julie. "They've become the sisters I never had."

KRISTYN KUSEK LEWIS *is a veteran magazine writer and the author of the novel* How Lucky You Are. *Visit her website at* kristynkusekLewis.com

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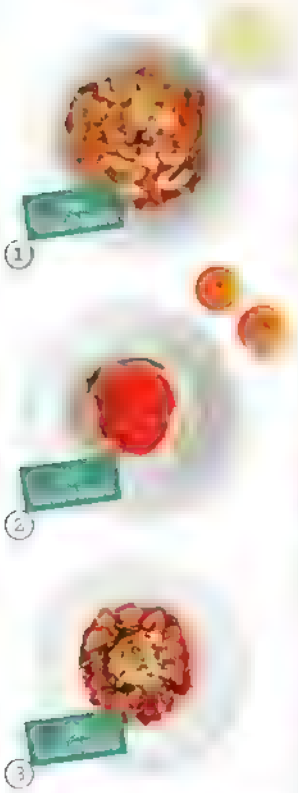
Your Weight-Loss Meal

Whether you're losing weight as part of a diet club or going it alone, get a jump-start with this plan. Match each dinner with 1 breakfast, 1 lunch and 2 snacks shown below to get about 1,500 calories—the daily amount recommended for most people to lose weight. JIM ROMANOFF

Breakfasts

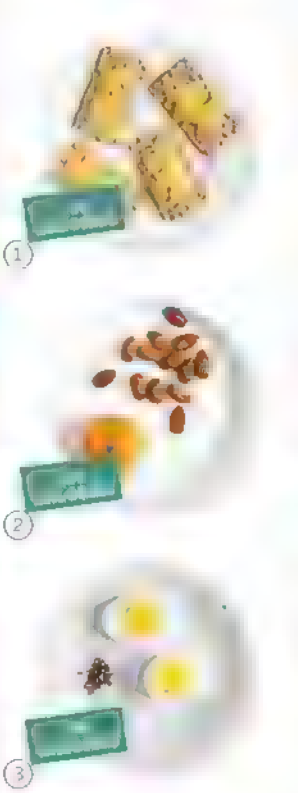


① **Oatmeal** (1 cup cooked) with 6 chopped dried **apricots,** 1 Tbsp unsweetened **coconut** and a pinch of **cinnamon,** plus 8 oz **skim milk.**

② An **egg** scrambled with 2 oz low-fat **Swiss cheese** and 2 Tbsp **chives,** topped with 2 **tomato** slices, on 1 slice multigrain **toast,** plus 2 **clementines.**

③ Nonfat plain Greek **yogurt** (6 oz.) with 1 cup sliced **strawberries,** 20 chopped dry-roasted unsalted **almonds** and 2 tsp **honey.**

Snacks



① Low-fat **Swiss cheese** (1 oz.) and 4 Light Rye **Wasa crispbreads.**

② A **clementine** and 13 dry-roasted unsalted **almonds.**

③ Hard-boiled **egg** with a pinch of salt and pepper

Lunches

① A salad of sliced **chicken breast** (4 oz.), 1 cup **cucumber,** 6 cherry **tomatoes** and 2 oz low-fat **Swiss cheese** on 3 cups chopped **romaine,** tossed with 1 Tbsp. **Tangy Green Goddess Dressing,*** plus a **pear**

② A sandwich of sliced **chicken breast** (4 oz.), ¼ **avocado** and 2 **tomato** slices on 2 slices multigrain **toast,** plus a **clementine.**

③ A salad of **shrimp** (3 oz.) and ½ **avocado** on shredded **romaine** (2 cups) and **cabbage** (1½ cups) with 3 Tbsp. **Orange-Sesame Dressing,*** plus a **pear**

*Recipes at eatingwell.com

Dinners

Quinoa Pilaf with Seared Scallops (p. 34) and 1 cup pureed butternut squash topped with 5 toasted pecans

Sweet Potato Macaroni & Cheese (p. 28) and 1 cup steamed collard greens with a splash of cider vinegar

Stuffed Delicata Squash (p. 30) with ½ cup brown rice and 1½ cups steamed green beans with lemon

Broccoli Rabe & Chicken White Pizza (p. 30) and 2 cups baby spinach with 1 Tbsp. Garlic-Dijon Vinaigrette*

Spaghetti Squash & Meatballs (p. 32) and 2 cups mixed greens with 1 Tbsp. Garlic-Dijon Vinaigrette*

MEAL PLAN

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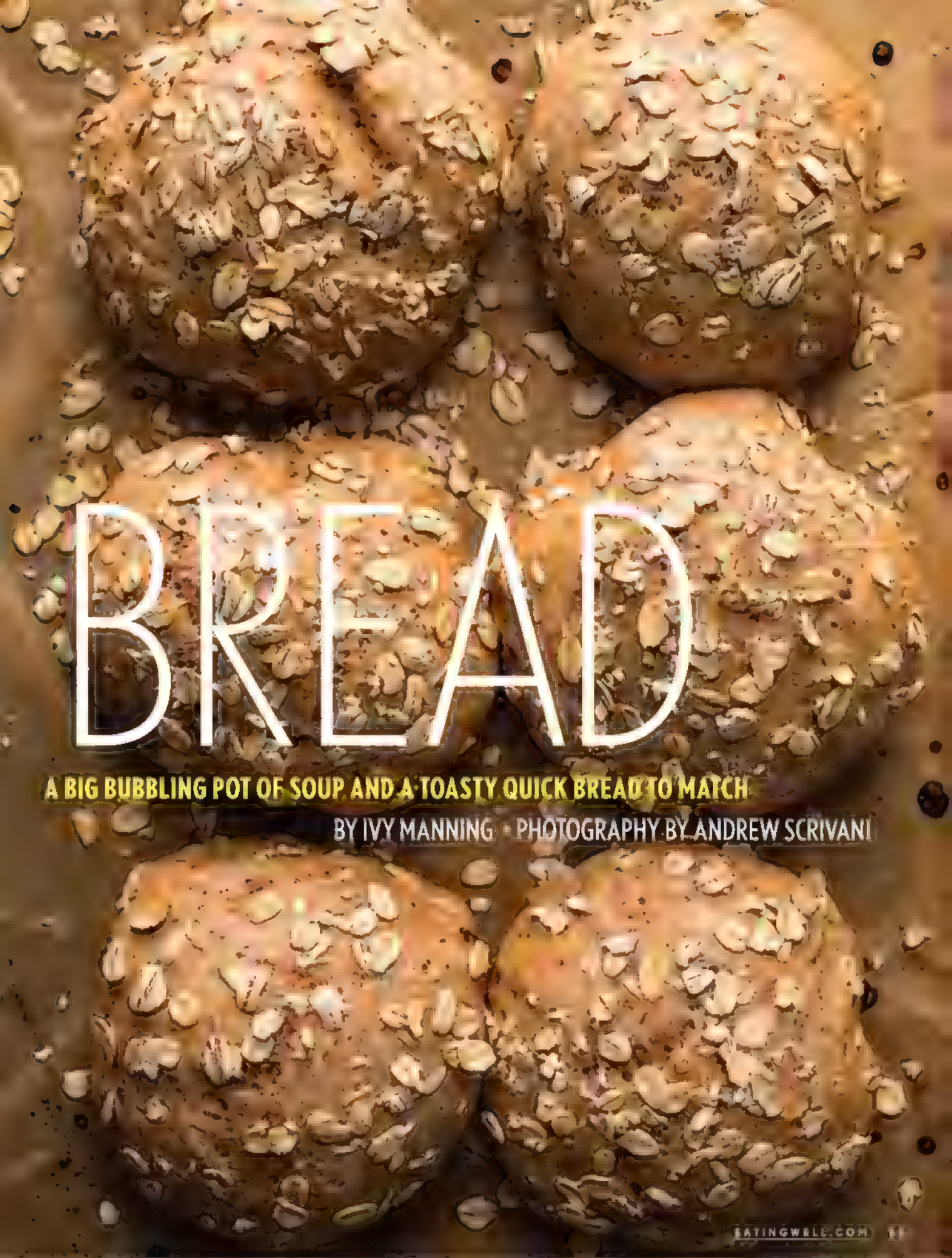
SOUP&
THIS WINTE W YOU HOW EASY IT IS TO PUT TOGETHER
Chickpea, Chorizo & Spinach Soup and Whole-Wheat Irish Soda Bread Rolls, page 70



BREAD

A BIG BUBBLING POT OF SOUP AND A TOASTY QUICK BREAD TO MATCH

BY IVY MANNING • PHOTOGRAPHY BY ANDREW SCRIVANI

This Winter Vegetable Dal
a spicy and delectable, thanks
masala.
This spice blend, often used
big flavor bang in just one
jar. Look for it in the spice
Zesty and crisp,
the 2012 Villa
Maria Private Bin
Marlborough
Sauvignon Blanc,
New Zealand ($12),
complements the
curry and spice
in this Indian-
inspired dal.

My grandmother used to bake Irish soda bread nearly every day; I can still smell the nutty-sweet aroma. As I watched from her canary-yellow kitchen stool, she leaned over her giant earthenware bowl and scooped out whole-wheat flour from a copper bin—no need to measure. While the bread baked, there was time to simmer a big pot of soup. Fresh from the oven, with a rustic exterior and tender crumb, that bread was the ultimate comfort food, especially dipped into a steaming bowl of soup.

Back then I took my grandmother's scratch cooking for granted. But her tradition left an impression on me, and to this day making soup and bread is still one of my favorite ways to put a meal on the table. Now I teach quick breads and soup classes at Bob's Red Mill here in Portland, Oregon. Students love learning how to use the whole-grain flours from the mill in breads. And when I add recipes for soups featuring fresh herbs, toasty spices, quick-cooking grains and beans, they've got the formula for complete meals that come together in an hour or less.

So get out your soup pot and a mixing bowl, because there is no better cure for the winter shivers than leaning over a bowl of soup, a spoon in one hand and a warm piece of bread in the other.

IVY MANNING's *most recent book is* Crackers & Dips: More Than 50 Handmade Snacks *(Chronicle Books, 2013).*

WINTER VEGETABLE DAL

ACTIVE: 35 MIN **TOTAL:** 1 HR

This southern-Indian-inspired lentil soup is rich and creamy thanks to coconut milk and gets exotic flavor from spice-infused coconut oil.

- 2 tablespoons coconut oil or canola oil
- 1 teaspoon brown mustard seeds
- 1 teaspoon cumin seeds
- 12 fresh curry leaves *(see Tip, page 99)* or 1 large bay leaf
- 1 medium onion, finely chopped
- 1 serrano chile, finely diced
- 3 tablespoons finely chopped fresh ginger
- 4 medium cloves garlic, finely chopped
- 4½ cups water
- 1½ cups red lentils *(see Tip, page 99)*, rinsed
- 1 14-ounce can "lite" coconut milk
- 1½ teaspoons salt
- 1 teaspoon ground turmeric
- 2½ cups cubed peeled butternut squash
- 2 cups cauliflower florets (1-inch)
- 1 large Yukon Gold potato (about 8 ounces), cut into ½-inch chunks
- 1 teaspoon garam masala *(see Tip, opposite)*
- 2 tablespoons lime juice

1. Heat oil over medium-high heat in a large pot. Add mustard seeds, cumin seeds and curry leaves (if using) and cook until the seeds begin to pop, about 20 seconds. Add onion, chile, ginger and garlic and cook, stirring occasionally, until the onion is starting to brown, about 5 minutes.

2. Add bay leaf (if using), water, lentils, coconut milk, salt and turmeric to the pot. Bring to a boil, stirring frequently to make sure the lentils don't stick to the bottom. Add squash, cauliflower and potato, return to a boil. Reduce heat to a simmer and cook, uncovered, stirring occasionally, until the vegetables are just tender when pierced with a fork, 20 to 25 minutes.

3. Remove from heat; stir in garam masala and lime juice.

SERVES 6: 1⅓ CUPS EACH

Calories 340, **Fat** 10g (sat 7g), **Cholesterol** 0mg, **Carbs** 47g, **Total sugars** 5g (added 0g), **Protein** 17g, **Fiber** 10g, **Sodium** 620mg, **Potassium** 690mg

SPELT INDIAN FLATBREAD

ACTIVE: 30 MIN **TOTAL:** 55 MIN

TO MAKE AHEAD: Store airtight for up to 1 day; reheat in a small skillet over medium heat.

These flaky flatbreads, known as chapati, are a breeze to throw together at a moment's notice and are ideal for scooping up dal and other thick soups. Spelt is a whole grain related to wheat that adds a nutty flavor.

- 1½ cups spelt flour or whole-wheat flour, plus more for rolling
- ½ teaspoon salt
- 2 tablespoons extra-virgin olive oil, divided
- ¼ cup plus 1 tablespoon water, plus more as needed

1. Combine flour and salt in a large bowl. Add 1 tablespoon oil and mix with your fingers until crumbly. Slowly add water and mix until the dough just comes together. If the dough doesn't come together easily, mix in up to 2 tablespoons more water. Knead on a lightly floured surface until the dough is smooth and no longer sticks to your fingers, about 2 minutes. Cover with a damp cloth; let rest for at least 15 and up to 30 minutes.

2. Divide the dough into 8 balls and cover with a damp cloth. Lightly flour a rolling pin and a clean work surface. Flatten 1 dough ball and roll it out, picking it up and rotating it to make sure it isn't sticking, until very thin and about 5 inches in diameter. Transfer to a lightly floured baking sheet and loosely cover with plastic wrap or a towel. Repeat with the remaining dough, spacing the breads on baking sheets so they don't touch.

3. Heat a large cast-iron skillet, heavy skillet or griddle over medium-high heat. Add one bread and cook until small bubbles appear, 30 seconds to 1 minute. Flip, then brush the top side with a little of the remaining oil and cook until lightly puffed, 30 seconds to 1 minute more. Transfer to a plate and cover with foil to keep warm. Repeat with the remaining breads, stacking and covering them as you go to keep them warm and pliable.

MAKES: 8 BREADS

Calories 107, **Fat** 4g (sat 0g), **Cholesterol** 0mg, **Carbs** 16g, **Total sugars** 1g (added 0g), **Protein** 3g, **Fiber** 2g, **Sodium** 146mg, **Potassium** 0mg

Earthiness from the mushrooms and quinoa is elevated to new heights with the budget-friendly 2012 The Pinot Project Pinot Noir, *California* ($12).

QUINOA MUSHROOM SOUP

ACTIVE: 40 MIN **TOTAL:** 1 HR

½ ounce dried porcini mushrooms
1 cup boiling water
1 tablespoon extra-virgin olive oil plus 2 teaspoons, divided
12 ounces mixed mushrooms (shiitake, oyster, cremini), thinly sliced
¼ teaspoon freshly ground pepper, plus more to taste
¼ cup dry sherry or dry vermouth
1 large onion, finely chopped
2 stalks celery, chopped
1 large carrot, halved lengthwise and thinly sliced
½ small red bell pepper, chopped
4 cups mushroom broth or low-sodium chicken broth
¾ cup canned no-salt-added crushed tomatoes or tomato puree
½ cup quinoa
1 tablespoon dried marjoram or oregano
1 bay leaf
2 teaspoons reduced-sodium soy sauce

1. Combine porcini and boiling water in a small bowl, cover with a plate and set aside for 20 minutes.

2. Meanwhile, heat 1 tablespoon oil in a large pot over medium-high heat. Add fresh mushrooms, sprinkle with pepper, and cook without stirring for 2 minutes. Stir and continue to cook, stirring once or twice, until the mushrooms have given off their liquid and are well browned, about 4 minutes more. Add sherry (or vermouth) and cook, stirring, for 1 minute.

3. Add the remaining 2 teaspoons oil to the pot. Add onion, celery, carrot and bell pepper and cook, stirring frequently, until the onion is tender and translucent, about 4 minutes.

4. Meanwhile, line a sieve with a paper towel, place over a bowl and strain the porcini, reserve the liquid. Chop the porcini and add to the pot along with the strained liquid (discard the grit and dregs). Add broth, tomatoes, quinoa, marjoram (or oregano) and bay leaf; bring to a boil. Reduce heat to a simmer, cover, and cook for 20 minutes. Remove from heat, stir in soy sauce and season with pepper.

SERVES 4 • 2 CUPS EACH

Calories 229, **Fat** 8g (sat 1g), **Cholesterol** 0mg, **Carbs** 31g, **Total sugars** 6g (added 0g), **Protein** 8g, **Fiber** 6g, **Sodium** 601mg, **Potassium** 778mg

These Cheddar muffins are flecked with chives and made with a blend of whole-wheat and quinoa flours. Look for quinoa flour in the baking section or near gluten-free flours. To make your own, grind whole grains of quinoa into a powder in a clean coffee grinder.

APPLE-CHEDDAR QUINOA MUFFINS

ACTIVE: 20 MIN **TOTAL:** 50 MIN
TO MAKE AHEAD: Individually wrap in plastic and freeze airtight for up to 1 month. To reheat frozen muffins, wrap in a paper towel and microwave on High for 30 to 60 seconds.
EQUIPMENT: Muffin tin with 12 (½-cup) cups

- 1 cup quinoa flour *(see Tip, page 69)*
- 1 cup whole-wheat pastry flour *(see Tip page 99)* or gluten-free flour blend
- 4 teaspoons baking powder
- 1 tablespoon sugar
- ¼ teaspoon salt
- 2 large eggs
- 1 cup buttermilk *(see Tip, page 99)*
- 1 cup grated peeled apple
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons minced fresh chives or scallion greens
- 1 cup shredded sharp Cheddar cheese, divided

1. Preheat oven to 375°F. Coat a 12-cup muffin tin with cooking spray or line with paper liners and spray the liners.
2. Whisk quinoa flour, whole-wheat flour (or gluten-free flour blend), baking powder, sugar and salt in a large bowl. Whisk eggs, buttermilk, apple, oil and chives (or scallions) in a medium bowl. Add the wet ingredients to the dry ingredients. Add half the cheese and stir just until the dry ingredients are moistened; do not overmix. Spoon the batter into the prepared muffin tin. Sprinkle the remaining cheese on top.
3. Bake the muffins until golden brown and a skewer inserted in the center comes out clean, 20 to 25 minutes. Let cool in the pan for 10 minutes before serving.

MAKES: 12 MUFFINS
Calories 169, **Fat** 7g (sat 3g), **Cholesterol** 42mg, **Carbs** 19g, **Total sugars** 4g (added 1g), **Protein** 6g, **Fiber** 3g, **Sodium** 306mg, **Potassium** 70mg

CHICKPEA, CHORIZO & SPINACH SOUP

ACTIVE: 30 MIN **TOTAL:** 55 MIN

Chorizo lends this Mediterranean-inspired soup-stew a smoky paprika flavor and since you sauté it first, much of the fat is drained away. Be sure to buy dry-cured, salami-style Spanish chorizo, not soft, Mexican-style sausage by the same name. (Photograph & wine pairing: page 64.)

- 4 ounces Spanish chorizo, cut into ¼-inch pieces
- 1 tablespoon extra-virgin olive oil
- 3 large leeks, white and light green parts only, halved lengthwise, rinsed well and thinly sliced
- 4 medium cloves garlic, finely chopped
- ½ teaspoon ground cumin
- 1 cup canned crushed tomatoes or tomato puree
- 4 cups low-sodium chicken broth
- 1 15-ounce can chickpeas, rinsed
- ½ teaspoon paprika (regular sweet)
- ¼ teaspoon smoked paprika
- 4 cups baby spinach
- ½ teaspoon freshly ground pepper

1. Cook chorizo in a large pot over medium-low heat, stirring occasionally, until most of the fat melts out, about 5 minutes. Set aside to drain on paper towels; discard fat.
2. Add oil to the pot and place over medium heat. Add leeks and cook, stirring frequently, until just soft, 4 minutes. Add garlic and cumin and cook for 1 minute. Add crushed tomatoes (or puree) and cook, stirring frequently, for 2 minutes. Add broth, chickpeas and sweet and smoked paprika; bring to a boil. Reduce heat to a simmer, partially cover and cook for 20 minutes.
3. Add spinach, pepper and the reserved chorizo; cook, stirring, until the spinach is wilted, about 2 minutes.

SERVES 4: 1¾ CUPS EACH
Calories 320, **Fat** 14g (sat 4g), **Cholesterol** 23mg, **Carbs** 36g, **Total sugars** 6g (added 0g), **Protein** 15g, **Fiber** 7g, **Sodium** 643mg, **Potassium** 887mg

WHOLE-WHEAT IRISH SODA BREAD ROLLS

ACTIVE: 15 MIN **TOTAL:** 35 MIN
TO MAKE AHEAD: Store airtight for up to 1 day; reheat in a warm oven.
EQUIPMENT: Parchment paper or nonstick baking mat

- 1 cup plus 1 tablespoon whole-wheat flour, plus more for dusting
- 1 cup plus 2 tablespoons all-purpose flour
- ½ teaspoon baking soda
- ½ teaspoon salt
- ½ cup buttermilk *(see Tip, page 99)*
- ½ cup reduced-fat milk plus 1 tablespoon, divided
- 2 teaspoons honey
- 2 teaspoons chopped fresh thyme
- 2 tablespoons old-fashioned rolled oats

1. Preheat oven to 375°F. Line a baking sheet with parchment paper or a nonstick baking mat.
2. Whisk whole-wheat flour, all-purpose flour, baking soda and salt in a large bowl. Whisk buttermilk, ½ cup milk, honey and thyme in a medium bowl. Add the wet ingredients to the dry ingredients and stir until the dough comes together.
3. Dust a clean work surface with whole-wheat flour. Turn the dough out and gently knead with barely damp hands just a few times until smooth. Divide the dough into 6 equal pieces and shape each into a 2- to 2½-inch round about 1 inch thick. Place on the prepared baking sheet about ½ inch apart. Brush with the remaining 1 tablespoon milk and sprinkle with oats, pressing on them lightly to adhere.
4. Bake the rolls until golden brown on the bottom and a skewer inserted in the center comes out clean, 20 to 25 minutes. Serve warm.

MAKES: 6 ROLLS
Calories 106, **Fat** 1g (sat 0g), **Cholesterol** 3mg, **Carbs** 20g, **Total sugars** 4g (added 2g), **Protein** 4g, **Fiber** 2g, **Sodium** 331mg, **Potassium** 143mg.

~ ENTER TO WIN ~
a beautiful new soup pot on February 21 at eatingwell.com/WinPot *(details: page 99)*

A Gourmet Salad with Added Health Benefits

Carlson Norwegian Fish Oils can easily be mixed into food or be taken directly off of the spoon. Carlson The Very Finest Fish Oil provides the important omega-3s DHA and EPA. Current medical research suggests EPA and DHA support cardiovascular, brain and vision health.* Pair Carlson fish oils with fresh, wholesome ingredients, and you've got a delicious and healthy meal the whole family will love.

Mizuna & Watercress Salad with Bay Shrimp

Ingredients:

3 tsp white balsamic vinegar

1 1/2 Tbsp Carlson The Very Finest Fish Oil Lemon Flavor

1 1/2 Tbsp extra virgin olive oil

Kosher salt and freshly ground black pepper

1/2 bunch mizuna lettuce, washed and torn into manageable pieces

1/2 bunch watercress, washed and torn into manageable pieces

2 Tbsp large salted capers, or 1½ Tbsp. tiny salted capers, rinsed, soaked in water, and drained (or substitute 1 or 2 caper berries per person)

8 castelvetrano olives, pitted

2 tsp sliced preserved lemon

1/2 cup bay shrimp

Directions:

Make the dressing by whisking together the vinegar and oils. Season the dressing with a pinch of salt and a generous grinding of black pepper.

Place the lettuces in a salad bowl and toss with some of the dressing.

Add the capers, olives and lemon to the dressed lettuce and gently combine.

Arrange the salad on plates.

Dress the bay shrimp with the remainder of the dressing and arrange on top of the salad.

Serves 2-4

Carlson

For more delicious recipes from Carlson visit www.carlsonlabs.com

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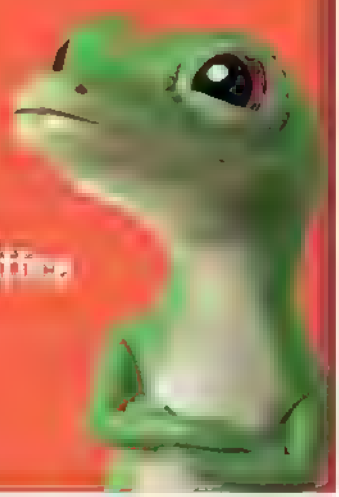

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BY ARAN GOYOAGA

Citrus Appeal

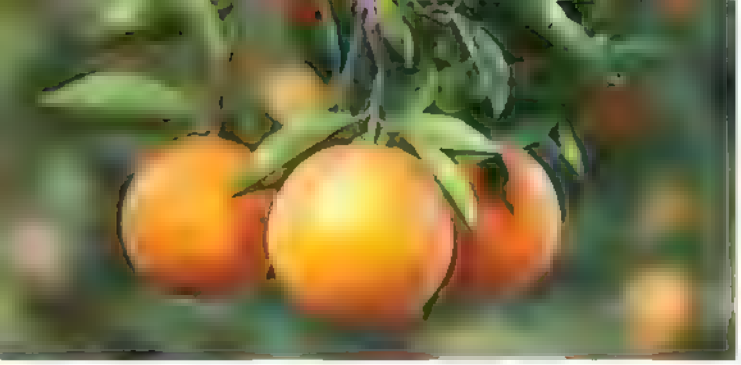
Sun-kissed oranges and their juicy relatives are the brightest taste of the season

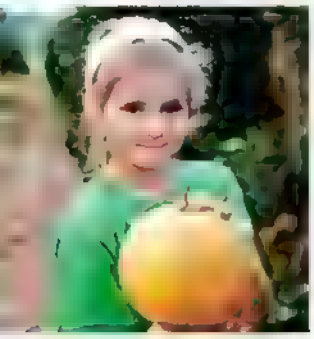
There's something about the sharpness of citrus that our bodies just naturally crave this time of year. Maybe it's an antidote to the haze of the recent food-filled holidays. From ultra-juicy Hamlin oranges to sweet honey tangerines, the fruits are in peak season now—it's as if Mother Nature knew exactly when we'd most need a bright taste of sunshine

When it comes to orange production, Florida leads the nation. There's a good reason why it's nicknamed the "sunshine state." Florida's biggest organic citrus grower is Uncle Matt's Organic. The company oversees 1,500 acres of groves across Central Florida's sandy "citrus belt."

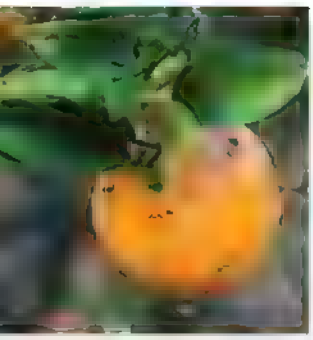
The family behind Uncle Matt's Organic are the McLeans—10 members work for the company. "Uncle Matt" is CEO Matt McLean (who is a real life uncle, times 10). The family's expertise in all things citrus dates back to Matt's great-grandfather, Angus Benjamin McLean, who grew organic citrus long before there were such things as synthetic pesticides and fertilizers. Matt started the business with three acres in his father's backyard and has since built an economically and environmentally sustainable life for the family—and for more than 25 other organic Florida growers who are part of the Uncle Matt's consortium.

Citrus growers haven't had it easy. After the Florida freezes of the 1980s, many family growers lost their groves. More recently, another





"The fruit was outrageously sweet—candy-like and warm from the sun. They have created a harmonious ecosystem and we could sense it."
—*Aran Goyoaga*



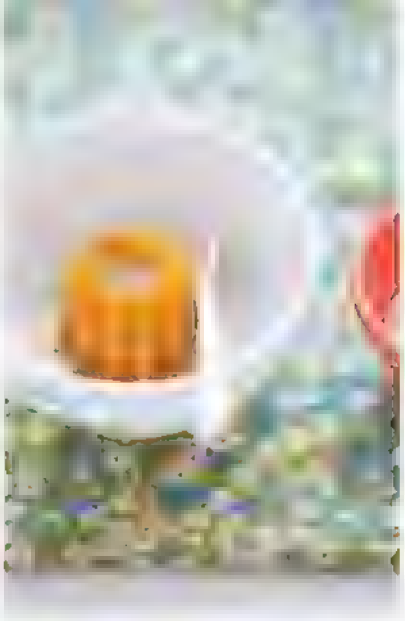
Inspired to explore the bounty in her backyard, Aran Goyoaga (award-winning food blogger (*cannellevanille.com*), visited Uncle Matt's Organic with her family (*daughter Miren, bottom*). Here in Clermont, Florida, they were greeted by the entire McLean clan. The groves are home to 15 varieties of organic citrus, including several types of oranges, grapefruit, tangelos and pummelos. Although a pummelo (*held by one of the youngest McLeans, left*) looks like an oversized grapefruit, it is sweet without grapefruit's bitterness. Harvesting begins in late October with Fallglo tangerines. Valencia oranges end the season in May.

EDITOR'S PICK
"Blending Seville and navel oranges, Clearbrook Farms Bitter-Sweet Orange Marmalade is a perfect balance of sweet and tang. I love it on Southern biscuits."
—*Breana Lai, Associate Food Editor*

blow arrived: citrus greening disease is infecting citrus trees across Florida, Texas and California, resulting in billions of dollars of lost revenue. (The USDA has quarantines in nine states.) It turns fruit bitter and malformed, often killing the tree. A speck-sized insect called a psyllid spreads the bacterial disease as it flies tree to tree, sucking sap. The first symptoms may not appear for months, but the disease can spread quickly. Growers are scrambling to save their trees. Many are spraying with powerful pesticides and using a gene from spinach to develop genetically modified varieties that may be resistant.

At Uncle Matt's, synthetic pesticides and genetically modified trees are not options. But the organic philosophy may be a winning one. "Our practices are based on building healthy soils that will yield a healthier tree so it can naturally defend itself against disease," says Susan McLean, Matt's wife and the company's marketing director. Along with nutritional boosts to the soil (compost and seaweed emulsions), "we encourage biodiversity, including beneficial predators that control the psyllid." Wasps and other insects buzz among the wildflowers and other natural ground cover. (At many conventional groves, these "weeds" would be cleared.) The McLeans have been successfully using parasitic wasps and lady beetles—which feed on the psyllid—as tools against the spread of the disease.

Here, in the heart of the grove, there's a tranquility. Glossy leaves glint in the sun, birds flit through the branches and a delicate citrus fragrance drifts in the air. Here, healthy trees are making healthy—and delicious—fruit. —*Gretel H. Schueller*



Cannelé molds, which look like elongated mini-Bundt pans, make these moist cakes dainty and decorative. You can also bake them in small ramekins or even a loaf pan.

GLAZED SOUR ORANGE & COCONUT CAKES

ACTIVE: 30 MIN. **TOTAL:** 3 HRS

TO MAKE AHEAD: Store cool, unglazed cakes airtight at room temperature for up to 1 day.

CAKES

- 1 pound sour oranges, kumquats or clementines
- 1 cup natural cane sugar, such as Turbinado
- ½ cup coconut oil, melted *(see Tip, page 99)*
- 1 vanilla bean
- ½ cup coconut flour
- ½ cup almond flour
- 3 tablespoons tapioca flour
- ½ teaspoon baking soda
- ½ teaspoon salt

GLAZE

- 1 cup confectioners' sugar, sifted
- ¼ cup orange juice
- Chopped pistachios for garnish

1. To prepare cakes: Place oranges (or kumquats or clementines) in a medium saucepan and cover with water. Bring to a simmer. Cover and cook until very tender, 30 minutes to 1 hour. Drain and transfer to a bowl. Let cool slightly, split open to remove any seeds. Transfer the whole fruit to a food processor or blender. Puree to a fine paste.

2. Preheat oven to 350°F. Coat 24 cannele molds, 12 (6-ounce) ramekins or a 9-by-5-inch loaf pan with cooking spray. (If using a loaf pan, line the bottom with parchment paper and coat with cooking spray.)

3. Measure 1 cup of the puree into a bowl. (Discard any remaining puree.) Add eggs, sugar and coconut oil. Cut vanilla bean in half lengthwise and scrape the seeds into the bowl with the tip of a knife. Add coconut flour, almond flour, tapioca flour, baking soda and salt. Fold the dry ingredients into the wet ingredients until combined. Scoop into the prepared molds, ramekins or pan.

4. Bake until a toothpick inserted in the center comes out clean: 18 to 24 minutes for cakes, 45 to 55 minutes for a loaf. Let cakes cool in the pan on a wire rack for 5 minutes, let loaf cool for 10 minutes. Run a knife around the edges and invert onto a plate.

5. To prepare glaze: Whisk confectioners' sugar and orange juice in a bowl until smooth. Pour or brush over the cake(s). Serve sprinkled with pistachios, if desired.

SERVES 12: 2 CANNELÉS, 1 MINI CAKE OR ¾-INCH SLICE EACH

Calories 255, **Fat** 12g (sat 9g), **Cholesterol** 0mg, **Carbs** 36g, **Total sugars** 31g (added 28g), **Protein** 2g, **Fiber** 3g, **Sodium** 65mg, **Potassium** 49mg

Citrus fruit should feel firm and heavy for its size. Don't worry about a tinge of green on the skin. It's caused by chlorophyll, which helps protect the fruit during warm temperatures. They're still ripe and sweet.

Pleasing to the eye and palate, sweet oranges and tart grapefruit pair well with roasted golden and red beets

FIND MORE HEALTHY RECIPES FOR ORANGES

FENNEL, CITRUS & ROASTED BEET SALAD

ACTIVE: 30 MIN **TOTAL:** 1½ HRS

TO MAKE AHEAD: Roast beets (Steps 1-2), peel and refrigerate for up to 3 days. Bring to room temperature before adding to salad.

[illegible] ad. Turn the [illegible] f seared [illegible] as haibut or cod.

- 2 small-to-medium golden beets
- 2 small-to-medium red beets
- 4 tablespoons extra-virgin olive oil
- 1 tablespoon Dijon mustard
- 1 tablespoon champagne vinegar or cider vinegar
- 1 tablespoon finely chopped cilantro, plus whole leaves and flowers or fennel fronds for garnish
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- 1 medium pink or red grapefruit
- 1 medium navel orange
- 1 medium bulb fennel, cored and thinly sliced
- 2 tablespoons chopped pistachios

1. Preheat oven to 400°F

2. Wrap beets in foil and bake until tender when pierced with a knife, 40 minutes to 1 hour. When cool enough to handle, peel, trim and cut into wedges.

3. Whisk oil, mustard, vinegar, chopped cilantro, salt and pepper in a large bowl. Slice both ends off grapefruit. With a sharp knife, remove the peel and white pith; discard. Working over the bowl, cut the segments from their surrounding membranes. (Discard membranes.) Repeat with orange. Add fennel and the beets. Toss to coat. Let stand for 15 minutes. Serve topped with pistachios and cilantro leaves and flowers or fennel fronds, if desired.

SERVES 4: ABOUT 1 CUP EACH

Calories [illegible] Fat 10g [illegible] Cholesterol 0mg Carbs [illegible] Total sugars 13g Added Sugars 0g Protein 4g Fiber 6g Sodium [illegible]mg Potassium [illegible]mg

ARAN GOYOAGA *is the author of* Small Plates and Sweet Treats: My Family's Journey to Gluten-Free Cooking.

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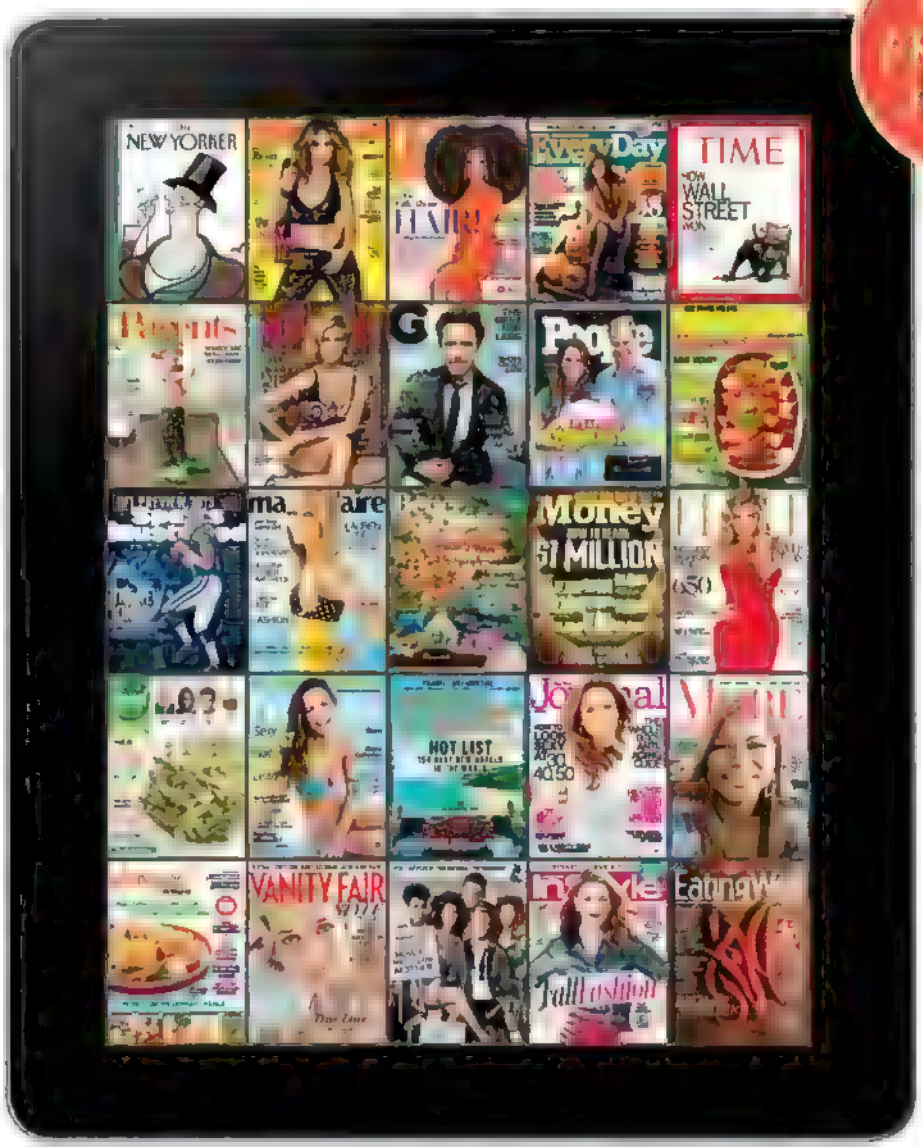

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flower power

This nutty-flavored vegetable is packed with nutrients, and with these fun, inventive recipes by [illegible], cauliflower is more delicious than ever.

colors beyond white—
and with some added
nutrients. Orange
and green cauliflower
deliver heart-healthy
beta carotene. Green
cauliflower also has a

The most benefit
eat it raw. —J.H.

With its tight bunches of tightly clustered florets
neatly covered in green leaves, cauliflower is a
stunning beauty. But its real strength: it's
remarkably adaptable when you approach it with
a sense of adventure. Forget basic steamed florets.
Cauliflower's mild flavor and unique texture allow
it to stand in for other higher-calorie, higher-starch
foods in winter dishes. In the recipes that follow, you'll
see how cauliflower transforms into roasty-browned
steaks, replaces potatoes in a lightened version of tater tots
and makes a gluten-free crust for pizza. —*M.S.*

HALEN • NUTRITION TIPS BY JOYCE HENDLEY

CUT STROKE RISK

In a Dutch survey of more than 20,000 people, those who regularly ate white vegetables and fruits like cauliflower, apples and pears had a lower risk of stroke. For every 1-ounce increase in daily intake (¼ cup cauliflower or a wedge of apple), stroke risk dropped 9 percent. —*J.H.*

Mediterranean Cauliflower Pizza

THE SKINNY ON STARCH

Cauliflower has 16 percent less carbs and 79 percent fewer calories per ½ cup than potatoes. Thanks to lots of pectin—the stuff that thickens jams and jellies—pureed cooked cauliflower has a velvety texture that adds body to soups, mimics potatoes in mash or tots (*opposite*) and forms the base of this pizza crust (*this page*). Try shredding or finely

or dinner to make low-carb "rice" or "couscous." —*J.H.*

SAVORY CAULIFLOWER CAKE

ACTIVE: 50 MIN **TOTAL:** 1¾ HRS
EQUIPMENT: 9-inch springform pan parchment paper

T[illegible] flower cake fa[illegible] omew[illegible] and a meatle[illegible] C[illegible] p[illegible]

- 1 medium head cauliflower (about 2 pounds), trimmed and broken into small florets
- 1 tablespoon extra-virgin olive oil
- 1 medium onion, thinly sliced
- ¾ teaspoon caraway seed, ground or crushed
- ½ teaspoon ground coriander
- ½ teaspoon crushed red pepper, or to taste
- ¾ teaspoon salt, divided
- ¾ cup garbanzo bean flour *(see Tip, right)*
- ¼ cup all-purpose flour or gluten-free flour blend
- ½ teaspoon baking powder
- 6 large eggs
- 1 jarred roasted red pepper, rinsed and chopped (about ½ cup)
- ¾ cup crumbled feta cheese
- 3 tablespoons chopped fresh dill, divided

1. Preheat oven to 350°F. Line the bottom and sides of a 9-inch springform pan with parchment paper.
2. Bring about 1 inch of water to a boil in a large pot fitted with a steamer basket. Add cauliflower and steam until tender, 8 to 10 minutes.
3. Heat oil in a large skillet over medium heat. Add onion and cook, stirring, until tender and golden, about 8 minutes. Add caraway seed, coriander, crushed red pepper and ½ teaspoon salt; cook, stirring, until fragrant, about 1 minute. Gently stir in the steamed cauliflower, doing your best not to break up the florets, and cook for 2 to 3 minutes to combine the flavors.
4. Whisk garbanzo bean flour, all-purpose flour (or gluten-free blend), baking powder and the remaining ¼ teaspoon salt in a bowl. Whisk eggs in a large bowl until mixed. Sprinkle the dry ingredients over the eggs and whisk to combine and eliminate most of the lumps. Stir in roasted red pepper, feta and 2 tablespoons dill. Add the cauliflower mixture and gently stir to combine. Spread the mixture evenly into the prepared pan.
5. Bake until the top is golden and the cake is set, 35 to 45 minutes. Let cool to warm, remove the pan sides and the parchment. Serve warm or at room temperature, garnished with the remaining 1 tablespoon dill.

SERVES 8
Calories 187, **Fat** 9g (sat 4g), **Cholesterol** 152mg, **Carbs** 15g, **Total sugars** 3g (added 0g), **Protein** 11g, **Fiber** 2g, **Sodium** 563mg, **Potassium** 296mg

TIP: Garbanzo bean flour made from ground dried garbanzo beans (aka chickpeas), is a gluten-free flour used in many traditional Middle Eastern recipes. Look for it in natural-foods stores and/or in well-stocked supermarkets in the gluten-free section. Once opened, store airtight in the freezer.

CAULIFLOWER STEAKS WITH CHIMICHURRI

ACTIVE: 30 MIN **TOTAL:** 1 HR

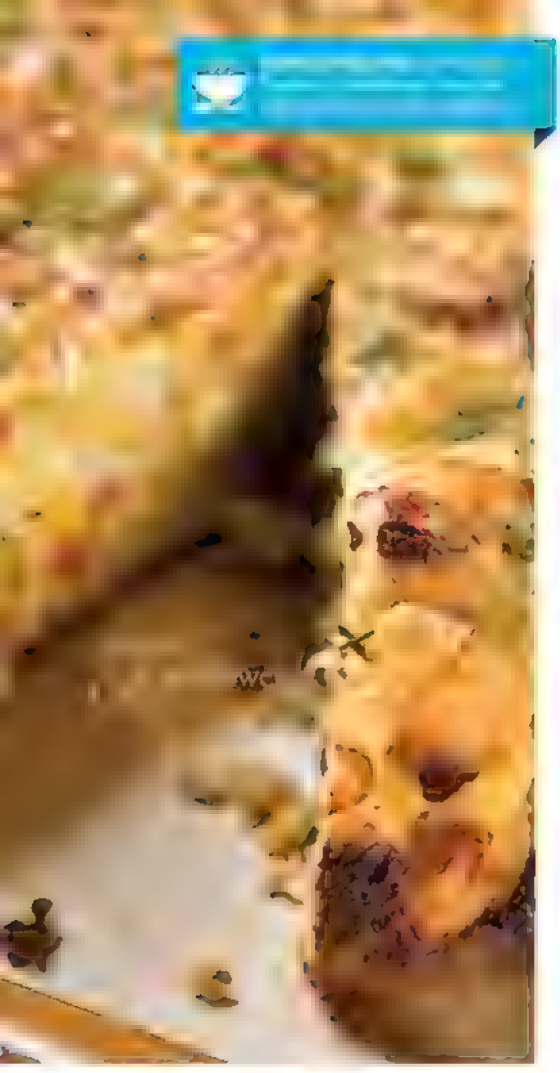
Thick s[illegible] auliflow[illegible] [illegible] des tend to crumble. Fo[illegible] a truly [illegible]w-stopping pres[illegible] ter portion of 2 hea[illegible] ve the rest of the heads [illegible] e that calls f[illegible] cauliflower. Photograph: page [illegible])

- 2 tablespoons extra-virgin olive oil
- 2 cloves garlic, minced
- 1 tablespoon minced jalapeño pepper
- ¾ teaspoon salt, divided
- 2 tablespoons finely chopped fresh oregano
- 2 tablespoons finely chopped fresh thyme
- 2 tablespoons water
- 2 teaspoons sherry vinegar
- ½ teaspoon paprika
- Olive or canola oil cooking spray
- 1 large head cauliflower (about 3 pounds)
- Freshly ground pepper to taste
- 3 tablespoons finely chopped flat-leaf parsley

1. Combine oil, garlic, jalapeño and ¼ teaspoon salt in a small saucepan or skillet. Cook over medium heat just until the garlic starts to sizzle, 2 to 4 minutes, but don't let it brown. Remove from heat and stir in oregano, thyme, water, vinegar and paprika. Cover and set aside.
2. Preheat oven to 450°F. Line a baking sheet with parchment paper and coat with cooking spray.
3. Remove any outer leaves from the cauliflower, but leave the stem intact. Place on a cutting board, stem-side down. Using a large chef's knife, cut into ½- to ¾-inch-thick slices. The center few slices should remain more or less intact, but the outer slices will crumble into smaller pieces. Cut any of the medium pieces into ½- to ¾-inch-thick flat shapes—it's the flat surfaces that roast the best. Place the large and medium pieces on the baking sheet with the cut surfaces touching the pan; sprinkle small pieces in any empty spots. Coat the cauliflower with cooking spray and season with the remaining ½ teaspoon salt and pepper.
4. Roast the cauliflower, gently turning once halfway through, until browned and the stems feel tender when pierced with a knife, 25 to 35 minutes.

FIGHT BREAST CANCER

Cauliflower (like all crucifers) is rich in compounds called glucosinolates that preliminary research suggests may help lower harmful estrogens involved in some breast cancers. In one 2005 study, when cauliflower juice was added to breast cancer cells, it kept them from growing. —J.R.



5. Just before serving, stir parsley into the reserved herb sauce and season with pepper. Serve the cauliflower steaks with the sauce.

SERVES 4: 1 STEAK (OR ¾ CUP FLORETS) & 2 TBSP. SAUCE EACH

Calories 111, **Fat** 8g (sat 1g), **Cholesterol** 0mg, **Carbs** 8g, **Total sugars** 3g (added 0g), **Protein** 3g, **Fiber** 3g, **Sodium** 479mg, **Potassium** 453mg

PARMESAN CAULIFLOWER TATER TOTS

ACTIVE: 45 MIN. **TOTAL:** 2¾ HRS

TO MAKE AHEAD: Prepare through Step 4, freeze in a single layer, transfer to an airtight container and freeze for up to 3 months. To bake, place frozen tots on a baking sheet, coat with cooking spray and bake at 400°F for 35-45 minutes.

These tasteless tots have a crispy breadcrumb coating. They make a delicious side dish or movie-night snack. Dip them in regular ketchup or make a spicy dipping sauce. Combine ⅓ cup ketchup with 2 tablespoons sriracha chile sauce and a dash of Worcestershire sauce. (Photograph: page 80.)

- 1 medium head cauliflower (about 2 pounds), trimmed and broken into small florets
- 5 tablespoons all-purpose flour
- ¼ cup grated Parmesan cheese
- ¾ teaspoon freshly ground pepper
- ½ teaspoon salt
- 2 large egg whites, whisked until frothy
- ¾ cup coarse dry whole-wheat breadcrumbs (panko)
- Canola or olive oil cooking spray

1. Bring a large pot of water to a boil. Add cauliflower and boil until tender, 10 to 12 minutes. Drain in a colander, shaking to remove excess water. Return the cauliflower to the pot and dry over medium-low heat, stirring with a wooden spoon, about 3 minutes. Remove from heat. Using a potato masher, mash the cauliflower until it resembles clumpy rice. Transfer to a large bowl to cool, stirring occasionally.

2. Stir flour and cheese into the cooled cauliflower. Season with pepper and salt. Stir in egg whites. Line an 8-inch-square baking dish with plastic wrap, allowing the wrap to hang over the edges. Spread the cauliflower mixture into the pan, compacting it into an even layer. Cover with plastic wrap and chill in the freezer until very cold, 1 to 2 hours.

3. Preheat oven to 400°F. Coat a large baking sheet with cooking spray.

4. Spread breadcrumbs on a plate. Gently turn the cauliflower mixture out onto a cutting board, removing the plastic wrap. Cut it into 36 evenly sized pieces. Roll the pieces in the breadcrumbs, turning to coat all sides. Place on the baking sheet, about 1 inch apart.

5. Coat the tots with cooking spray. Bake, turning once halfway through, until browned, 35 to 45 minutes.

SERVES 6: 6 TOTS EACH

Calories 86, **Fat** 2g (sat 1g), **Cholesterol** 3mg, **Carbs** 13g, **Total sugars** 1g (added 0g), **Protein** 5g, **Fiber** 2g, **Sodium** 289mg, **Potassium** 209mg

MEDITERRANEAN CAULIFLOWER PIZZA

ACTIVE: 40 MIN. **TOTAL:** 1 HR 10 MIN.

EQUIPMENT: Parchment paper

It's hard to say exactly what makes this cauliflower "pizza" so tasty. It could be the mozzarella tucked into the flourless cauliflower crust or perhaps it's the pinch of oregano that echoes the flavor of a more traditional pie. Either way, it's a delicious, gluten-free way to enjoy pizza night. The Meyer lemon, olive and sun-dried tomato topping adds a sophisticated twist. Feel free to go with something more traditional, such as marinara sauce and mushrooms—even pepperoni. (Photograph: page 81.)

- 1 medium head cauliflower (about 2 pounds), trimmed and broken into small florets
- 1 tablespoon plus 1 teaspoon extra-virgin olive oil, divided
- ¼ teaspoon salt
- 2 Meyer lemons or 1 large regular lemon
- 6 oil-packed sun-dried tomatoes, drained and coarsely chopped
- ⅓ cup green or black olives, pitted and sliced
- 1 large egg, lightly beaten
- 1 cup shredded part-skim mozzarella cheese
- ½ teaspoon dried oregano
- Freshly ground pepper to taste
- ¼ cup slivered fresh basil

1. Preheat oven to 450°F. Line a pizza pan or rimless baking sheet with parchment paper.

2. Place cauliflower in a food processor and pulse until reduced to rice-size crumbles. Transfer to a large nonstick skillet and add 1 tablespoon oil and salt. Heat over medium-high, stirring frequently, until the cauliflower begins to soften slightly (but don't let it brown), 8 to 10 minutes. Transfer to a large bowl to cool for at least 10 minutes.

3. Meanwhile, with a sharp knife, remove the skin and white pith from the lemon(s) and discard. Working over a small bowl, cut the segments from the membranes, letting the segments drop into the bowl (remove seeds). Drain the juice from the segments (save for another use). Add tomatoes and olives to the lemon segments, toss to combine.

4. Add egg, cheese and oregano to the cooled cauliflower; stir to combine. Spread the mixture onto the prepared baking sheet, shaping into an even 10-inch round. Drizzle the remaining 1 teaspoon oil over the top.

5. Bake the pizza until the top begins to brown, 10 to 14 minutes. Scatter the lemon-olive mixture over the top, season with pepper, and continue to bake until nicely browned all over, 8 to 14 minutes more. Scatter basil over the top. Cut into wedges and serve.

SERVES 4

Calories 200, **Fat** 14g (sat 4g), **Cholesterol** 62mg, **Carbs** 9g, **Total sugars** 2g (added 0g), **Protein** 11g, **Fiber** 3g, **Sodium** 475mg, **Potassium** 451mg.

MOLLY STEVENS's *latest cookbook,* All About Roasting, *won a James Beard Award.*

BOLD WINTER SALADS

Greens from escarole and radicchio to endive and kale are at their crisp, feisty-flavored best right now—it's time to throw together some seriously great salads

Even as kid I adored [illegible] particular my [illegible] out the door on [illegible] radicchio and [illegible] oil and [illegible] freshly [illegible] and crushed black pepper. The saltiness of [illegible] and the tart lemon balanced the bitter leaves. The [illegible] and pepper made the whole thing sing.

In the years since, as I've cooked for myself and worked developing recipes professionally, I've distilled the magic of all those memorable childhood salads my mom made into a simple lesson. You need to think of the salad greens as the bitter part of a taste equation. The goal is to add in the rest of the tastes: sweet, sour, salty and umami. When that equation is complete, the bitter greens become a perfect backdrop for all the other goodies in your salad.

At this time of year, the weather is at its coolest and the flavor of fresh greens is more robust than ever. Grab a bowl and tame those bitter greens into submission with these six boldly flavored matches.

Eating Well contributing editor KATIE WEBSTER *is a recipe developer and food stylist. She blogs at* healthyseasonalrecipes.com.

Kale Salad with Bacon-Blue Cheese Vinaigrette, page 91

BY KATIE WEBSTER • PHOTOGRAPHY BY LAURIE PROFFITT

A light red wine like the **2012 Pascal Granger Juliénas, *Beaujolais* ($18),** highlights the bacon and blue cheese in the salad.

RADICCHIO & ENDIVE

~

Small pieces of these greens add contrasting texture and color. Their heads are tightly packed and usually grit-free, but you can give them a rinse and spin after chopping if you like.

WINTER

CHOPPED HAM & APPLE SALAD WITH CREAMY PARMESAN DRESSING

ACTIVE: 25 MIN **TOTAL:** 25 MIN

TO MAKE AHEAD: Cover and refrigerate the dressing (Step 1) for up to 2 days

- ⅓ cup reduced-fat plain Greek yogurt
- ¼ cup grated Parmesan cheese
- 3 tablespoons low-fat mayonnaise
- 2 tablespoons white-wine vinegar or cider vinegar
- 1½ teaspoons dried tarragon
- ½ teaspoon freshly ground pepper
- ¼ teaspoon salt
- 6 cups chopped escarole or curly endive
- 5 cups chopped radicchio or Belgian endive
- 1 large sweet, crisp apple, such as Pink Lady, cubed
- 1 cup sliced radishes
- ¾ cup sliced smoked ham steak (about 4 ounces)
- ½ cup chopped toasted pecans *(see Tip, page 99)*

1. Whisk yogurt, Parmesan, mayonnaise, vinegar, tarragon, pepper and salt in a large bowl

2. Add escarole (or endive), radicchio (or endive), apple, radishes, ham and pecans to the dressing; toss to coat.

SERVES 4 3 CUPS EACH

Calories 257, **Fat** 15g (sat 3g), **Cholesterol** 22mg, **Carbs** 20g, **Total sugars** 9g (added 0g), **Protein** 13g, **Fiber** 6g, **Sodium** 722mg, **Potassium** 681mg.

The apples and pecans shine when paired with the crisp and ripe **2012 Acrobat Pinot Gris, Oregon ($12).**

ROMAINE

~

While the light inner hearts are crunchier and sweeter, the darker outer leaves have plenty of strong character to form the bitter base of a winter salad.

Full-bodied and beautifully acidic, the **2012 Domaine Sigalas Assyrtiko-Athiri, *Santorini, Greece ($16),*** balances the salty sardines and sweet caramelized onions

ROMAINE WEDGES WITH SARDINES & CARAMELIZED ONIONS

ACTIVE: 30 MIN **TOTAL:** 30 MIN

TO MAKE AHEAD: Cover and refrigerate the dressing (Step 2) for up to 2 days.

Sardines are extremely nutritious, providing 22 percent of the daily value for calcium and 157 mg omega-3s per 2-ounce serving. And they just so happen to be a perfect foil to winter greens. Here we [illegible] and filled them with [illegible]

- 1 tablespoon canola oil
- 1 large sweet onion, sliced
- ⅛ teaspoon salt plus ½ teaspoon, divided
- 2 tablespoons balsamic vinegar
- ½ cup reduced-fat plain Greek yogurt
- 2 tablespoons low-fat mayonnaise
- 2 tablespoons white-wine vinegar
- 4 teaspoons minced shallot
- ¼ teaspoon freshly ground pepper
- 2 hearts of romaine, halved lengthwise and cored
- 2 4-ounce cans sardines with bones, packed in olive oil, drained
- 1 cup halved grape or cherry tomatoes

1. Place oil, onion and ⅛ teaspoon salt in a small saucepan over medium heat. Cover and cook, stirring occasionally, until the onions are very soft and starting to brown, 12 to 15 minutes. Reduce heat to medium-low if they are browning too much. Stir in balsamic vinegar and simmer, uncovered, until it is reduced to a glaze, 1 to 3 minutes.

2. Whisk yogurt, mayonnaise, white-wine vinegar, shallot, pepper and the remaining ½ teaspoon salt in a small bowl.

3. Divide romaine halves among 4 dinner plates or place on a large platter. Spoon the dressing over the salads. Break sardines into two or three pieces each and divide among the romaine halves. Top with the caramelized onions and tomatoes.

SERVES 4: 1 "WEDGE" EACH

Calories 230, **Fat** 12g (sat 2g), **Cholesterol** 79mg, **Carbs** 13g, **Total sugars** 7g (added 0g), **Protein** 16g, **Fiber** 3g, **Sodium** 716mg, **Potassium** 651mg

RED DANDELION

~

This leafy green is off the charts for vitamin K, which helps keep bones strong. Its bracingly bitter flavor pairs well with deeply earthy ingredients like the mushrooms and sesame here.

WINTER

MUSHROOM, SQUASH & CHICKEN SALAD WITH SESAME DRESSING

ACTIVE: 50 MIN **TOTAL:** 50 MIN

TO MAKE AHEAD: Cover and refrigerate the dressing (Step 4) for up to 1 day. Bring to room temperature before using.

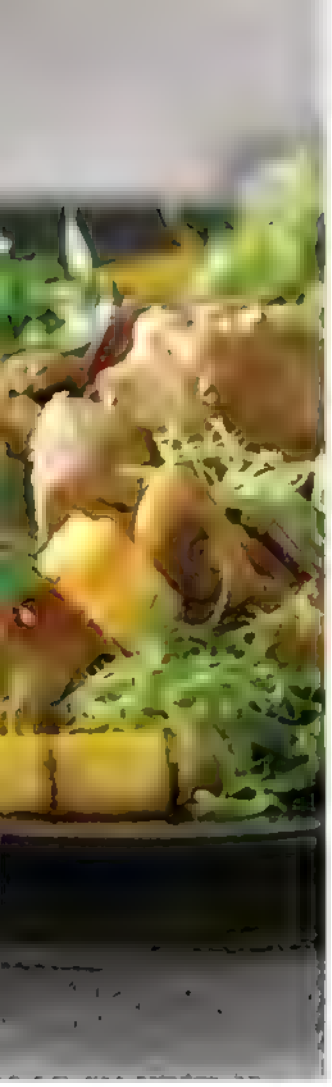
- 1 delicata squash, halved lengthwise, seeded and cut into ½-inch slices
- 4 teaspoons canola oil plus 1 tablespoon, divided
- 2 tablespoons sesame seeds, divided
- ⅛ teaspoon plus ½ teaspoon salt, divided
- 10 ounces white or cremini mushrooms, cut into quarters
- 4 teaspoons toasted sesame oil, divided
- ¾ teaspoon garlic powder, divided
- ½ teaspoon dry mustard, divided
- 1 pound boneless, skinless chicken thighs, trimmed
- 2 tablespoons white vinegar
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon pure maple syrup or agave
- ¼ teaspoon freshly ground pepper
- 2 tablespoons water
- 6 cups chopped curly endive, frisée or chicory
- 3½ cups chopped dandelion greens, any tough stems removed

1. Position racks in upper and lower thirds of oven; preheat to 400°F.

2. Toss squash, 2 teaspoons canola oil, 1 tablespoon sesame seeds and ⅛ teaspoon salt in a large bowl. Spread the squash out on a large baking sheet. Toss mushrooms in the bowl with 2 teaspoons canola oil, 1 tablespoon sesame seeds and ⅛ teaspoon salt. Spread the mushrooms out on another large baking sheet. Combine 2 teaspoons sesame oil, ½ teaspoon garlic powder, ¼ teaspoon dry mustard and ¼ teaspoon salt in the bowl. Add chicken and toss to coat. Nestle the chicken among the mushrooms.

3. Place the mushrooms and chicken on the lower oven rack and the squash on the upper rack. Roast, stirring (or turning) once halfway

The Asian flair from the mushroom-sesame dressing beckons for a dry Riesling like the **2012 d'Arenburg The Dry Dam Riesling, *Australia* ($16)**



through, until the mushrooms are browned and the chicken is cooked through, 14 to 16 minutes, and the squash is tender, 18 to 24 minutes.

4. Meanwhile, combine the remaining 1 tablespoon canola oil, 2 teaspoons sesame oil, ⅛ teaspoon salt, ¼ teaspoon garlic powder and ¼ teaspoon dry mustard with vinegar, soy sauce, maple syrup (or agave) and pepper in a blender; puree until smooth.

5. When the vegetables are done, transfer half the mushrooms and any juice from the roasted chicken to the blender. Add water and puree until almost smooth.

6. Place greens in a clean large bowl. When the chicken is cool enough to handle, chop or shred into bite-size pieces. Add the chicken to the bowl along with the squash, the remaining roasted mushrooms and the dressing, toss to coat. Serve immediately.

SERVES 4: 2½ CUPS EACH

Calories 391 **Fat** 24g **Sat fat** 4g **Cholesterol** 70mg **Carbs** 21g **Total sugars** 7g **Added sugars** 3g **Protein** 27g **Fiber** 7g **Sodium** 720mg **Potassium** 960mg

STEPHANIE FAIRYINGTON; FOOD STYLING: KAREN ORNANO; PROPS

UPLAND CRESS

~

A tad more mild than its cousin watercress, this tender cultivated cress is best raw. Leave its tiny leaves and stems whole. Or substitute watercress and give it a rough chop first.

The sweetness from the roasted celeriac is balanced by citrusy, yet dry **2011 Benito Santos Saiar Albariño, *Rías Baixas* ($17).**

CELERIAC, CRESS & SPINACH SALAD WITH PARMESAN CRISPS

ACTIVE: 40 MIN **TOTAL:** 40 MIN

TO MAKE AHEAD: Cover and refrigerate the dressing (Step 3) for up to 2 days.

ARUGULA

The flavor ranges from mild to assertive so if you like your arugula especially peppery, sniff it for that telltale spicy, nutty aroma. Pair it with sturdier greens like romaine or Treviso.

- 1 small celery root (12-16 ounces)
- 3 tablespoons extra-virgin olive oil, divided
- ¾ teaspoon salt, divided
- ¼ teaspoon freshly ground pepper
- 1 small clove garlic
- 4 teaspoons sherry vinegar
- 1 tablespoon Dijon mustard
- ½ cup finely shredded Parmesan cheese
- 2 bunches upland cress *(see page 89)*, roots trimmed, *or* 8 cups watercress, tough stems trimmed
- 3 cups baby spinach
- ⅓ cup sweetened dried cranberries

1. Preheat oven to 400°F

2. Cut one end off the celery root to create a flat surface to keep it steady. Cut off the skin with your knife, following the contour of the root. Or use a vegetable peeler and peel around the root at least three times to ensure all the fibrous skin has been removed. Cut into ½-inch cubes and toss in a large bowl with 1 tablespoon oil, ¼ teaspoon salt and pepper until well coated. Spread out on a baking sheet (reserve the bowl). Roast the celery root, stirring once or twice, until lightly browned and soft, 15 to 20 minutes.

3. Meanwhile, chop and mash garlic with the remaining ½ teaspoon salt on a cutting board until a paste forms. Scrape the garlic paste into the large bowl and whisk in the remaining 2 tablespoons oil, vinegar and mustard.

4. Add the celery root to the dressing and toss to coat; let cool in the dressing.

5. **To prepare Parmesan crisps:** Reduce oven temperature to 350°. Line a large baking sheet with a nonstick baking mat or generously coat with cooking spray.

6. Divide Parmesan into 6 little piles on the prepared baking sheet and spread each into a 2-inch disk. Bake until the Parmesan is melted completely and lightly browned, but not too dark, 8 to 10 minutes. Let cool 5 minutes on the pan, then use a firm, thin spatula to remove.

7. Add cress (or watercress), spinach and cranberries to the celery root and season to taste with more pepper; lightly toss to coat. Serve each salad with a Parmesan crisp.

SERVES 6: 1⅓ CUPS SALAD & 1 CRISP EACH
Calories 141, **Fat** 9g (sat 2g), **Cholesterol** 5mg, **Carbs** 11g, **Total sugars** 5g (added 4g), **Protein** 5g, **Fiber** 2g, **Sodium** 513mg, **Potassium** 384mg

ORANGE & BLACK PEPPER SHRIMP SALAD

ACTIVE: 40 MIN. **TOTAL:** 40 MIN.
TO MAKE AHEAD: Cover and refrigerate the dressing (Step 3) for up to 1 day.

A blend of bitter Treviso (a long, thin type of radicchio), spicy arugula and sweet romaine lettuce form the base of this main-course salad. Pairing the mix of greens with savory shrimp, tart oranges and briny capers brings everything into bright and flavorful balance. (Wine pairing page 51)

- 3 medium oranges
- 2 teaspoons whole black peppercorns, divided
- 2 cups loosely packed flat-leaf parsley leaves (about 1 large bunch), divided
- 4 tablespoons chopped toasted walnuts *(see Tip, page 99)*, divided
- 3 tablespoons walnut oil, divided
- 2 tablespoons red-wine vinegar
- 6 teaspoons capers, rinsed, divided
- 2 teaspoons Dijon mustard
- 2 teaspoons honey
- 1 small clove garlic, minced
- ¼ teaspoon salt
- 1 large head Treviso *or* small head radicchio, cut into bite-size pieces
- ½ small head romaine *or* 1 heart of romaine, cut into bite-size pieces
- 3 cups arugula
- 1 pound peeled and deveined raw shrimp (21-25 per pound; *see Tip, above*)

1. With a sharp knife, remove the skin and white pith from oranges. Working over a

RED KALE

To tame the toughness of raw kale leaves, here are a couple techniques: massage it, dress it and refrigerate overnight or gently wilt it with a warm dressing or warm ingredients.

bowl, cut the segments from their surrounding membranes. Squeeze juice into the bowl before discarding the membranes. Transfer the orange segments to another bowl with a slotted spoon and set aside.

2. Crush peppercorns with a mortar and pestle or place in a small sealable bag and crush with a small heavy skillet, the smooth side of a meat mallet or a rolling pin.

3. Pour ¼ cup of the orange juice from the bowl into a blender. Add ¼ teaspoon of the crushed pepper, 1 cup parsley, 3 tablespoons walnuts, 2 tablespoons oil, vinegar, 2 teaspoons capers, mustard, honey, garlic and salt, puree until smooth.

4. Combine Treviso (or radicchio), romaine, arugula and the remaining 1 cup parsley in a large bowl. Toss with ½ cup of the dressing.

5. Heat the remaining 1 tablespoon oil in a large nonstick skillet over medium-high heat. Sprinkle shrimp with the remaining crushed pepper. Add the shrimp to the hot skillet and cook until bright pink and browned, 1 to 3 minutes per side.

6. Transfer the salad to a platter or 4 dinner plates. Top with the reserved orange segments, the shrimp and the remaining 4 teaspoons capers and 1 tablespoon walnuts. Serve drizzled with the remaining dressing.

SERVES 4: 2 CUPS EACH

Calories 327, **Fat** 16g (sat 2g), **Cholesterol** 183mg, **Carbs** 22g, **Total sugars** 14g (added 3g), **Protein** 27g, **Fiber** 6g, **Sodium** 386mg, **Potassium** 959mg

KALE SALAD WITH BACON-BLUE CHEESE VINAIGRETTE

ACTIVE: 30 MIN **TOTAL:** 30 MIN

Hot roasted potatoes wilt the kale in this salad just enough to make it tender. Bacon and blue [illegible] and salt to stand [illegible] the kale. Go for a big flavor [illegible] by the tanginess of Maytag. Serve with steak or chicken. (Photograph page 85)

- 1 pound Yukon Gold potatoes, scrubbed, cut into 1-inch chunks
- 3 tablespoons extra-virgin olive oil, divided
- ½ teaspoon dried thyme
- ½ teaspoon salt, divided
- ½ teaspoon freshly ground pepper, divided
- 6 cups kale, stems removed, torn into bite-size pieces
- 3 tablespoons cider vinegar
- 3 tablespoons crumbled blue cheese
- 2 tablespoons minced shallot
- 1 tablespoon honey mustard
- 1 tablespoon minced fresh parsley
- 3 pieces center-cut bacon, cooked and crumbled
- 2 Belgian endives, cored and sliced
- ¼ cup currants or sweetened dried cranberries

1. Preheat oven to 400°F.

2. Toss potatoes, 1 tablespoon oil, thyme and ¼ teaspoon each salt and pepper in a large bowl. Spread out on a large baking sheet (reserve the bowl). Roast the potatoes, stirring once or twice, until tender and browned, 15 to 20 minutes.

3. Place kale in the large bowl, add the hot potatoes and let stand for several minutes, tossing occasionally, until the potatoes are warm but not hot.

4. Meanwhile, whisk the remaining 2 tablespoons oil, vinegar, blue cheese, shallot, mustard, parsley and the remaining ¼ teaspoon salt and pepper in a small bowl. Drizzle the dressing over the warm salad. Add bacon, endive and currants (or cranberries); toss to combine. Serve immediately.

SERVES 6: ABOUT 1⅓ CUPS EACH

Calories 218, **Fat** 11g (sat 2g), **Cholesterol** 8mg, **Carbs** 26g, **Total sugars** 6g (added 1g), **Protein** 8g, **Fiber** 4g, **Sodium** 390mg, **Potassium** 886mg

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TEST KITCHEN

Rise & Shine

Our whole-grain pancakes use 100% whole-wheat flour, heart-healthy canola oil and just a tablespoon of sugar. Compared to most store-bought mixes or a classic recipe, ours saves about 30 calories, 3 grams saturated fat and 4 grams total sugar per serving, plus you'll dish up 2 extra grams of fiber. To get started, try a batch of our vanilla-infused buttermilk pancakes and then use that master recipe to create favorite flavor variations like banana-chocolate chip, blueberry, gingerbread and more.

—Stacy Fraser

WHOLE-GRAIN BUTTERMILK PANCAKES

Made with white whole-wheat flour, with oil instead of butter and less sugar, these buttermilk pancakes are every bit as light, fluffy and crisp as you'd expect great pancakes to be. Here are our secrets for making healthy pancakes perfect every time

TO MAKE AHEAD: The mixture of dry ingredients can be stored airtight for up to 1 month; the batter can be refrigerated for up to 1 day; cooked pancakes can be frozen, airtight in a single layer, for up to 3 months. Reheat in the microwave or oven.

DRY INGREDIENTS
1½ cups white whole-wheat flour
2 teaspoons baking powder
¼ teaspoons baking soda
¼ teaspoon salt

WET INGREDIENTS
1 large egg
1½ cups buttermilk *(see Tip, page 99)*
2 tablespoons canola oil
1 tablespoon sugar
1 teaspoon vanilla extract

SERVES 6: 2 (4-INCH) PANCAKES EACH
Calories 189, **Fat** 6g (sat 1g), **Cholesterol** 33mg, **Carbs** 28g, **Total sugars** 5g (added 2g), **Protein** 7g, **Fiber** 3g, **Sodium** 411mg, **Potassium** 174mg

STEP 1
Go whole grain.
Whisk dry ingredients in large bowl. If desired, replace up to ½ cup flour with another whole grain (cornmeal, oats or buckwheat flour). For extra fiber and omega-3s, add up to 3 Tbsp. ground flaxseeds or chia seeds.

STEP 2
Don't overmix.
Whisk wet ingredients in a medium bowl. Make a well in the center of the dry ingredients, add the wet ingredients and whisk just until combined. Resist overmixing—it will make the pancakes tough.

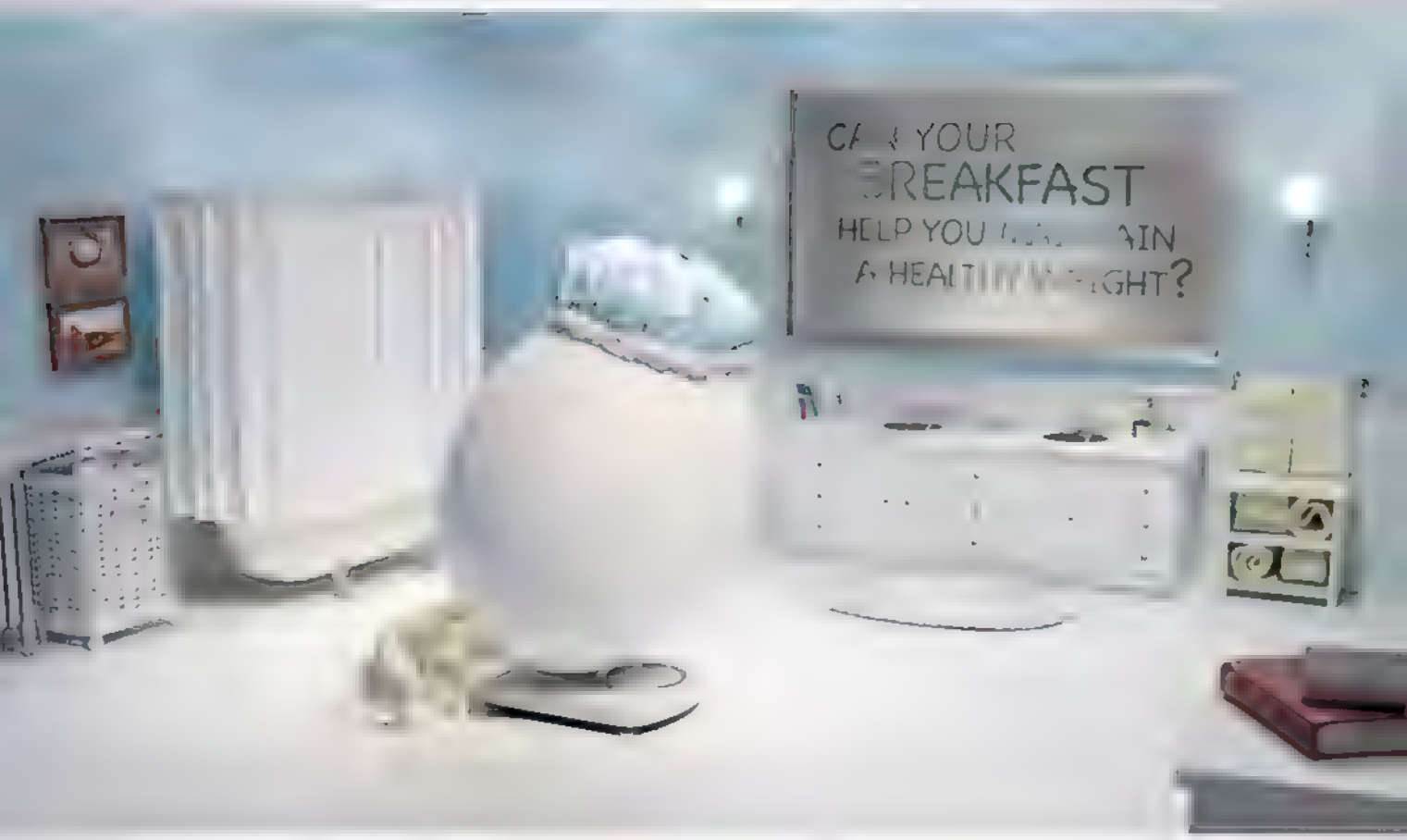
STEP 3
Rest the batter.
Let the batter sit, without stirring, for 10 to 15 minutes. As the batter rests the baking powder forms bubbles that create fluffy pancakes and the gluten in the flour relaxes to make the cakes more tender.

STEP 4
Flip when you see bubbles.
Coat a large nonstick skillet (or griddle) with cooking spray; heat over medium heat. Without stirring the batter, measure out three ¼-cup pancakes, pouring the batter into the pan. Cook until the edges are dry and you see bubbles on the surface, 2 to 4 minutes. Flip and cook until golden brown on the other side, 2 to 4 minutes more. Repeat with the remaining batter, coating the pan with cooking spray and reducing the heat as needed.

Love a Fluffy Flapjack?
Don't pat them with the spatula after flipping. It compresses the air inside and makes them dense.

Customize Your Pancakes
For 6 ways to flavor your pancakes and 3 easy toppings like this delicious berry sauce, turn to page 96.

SEE HOW TO MAKE PANCAKES & LEARN WHEN TO FLIP



WAKE UP TO EGGS

Eggs have high-quality protein to help keep you fuller longer and energized. And they're a naturally good source of Vitamin D, too

According to the USDA Nutrient Database for Standard Reference, the average amount of vitamin D in one large egg is 41 IU up from 20 IU. Brought to you by America's egg farmers.

TEST KITCHEN

GINGERBREAD
BANANA-CHOCOLATE CHIP
In Step 1: Add ½ cup mini chocolate chips. In Step 2: Add 1 cup mashed ripe banana (2-3 medium).
APPLE-CINNAMON
In Step 1: Add 1 tsp. ground cinnamon. In Step 2: Add 1 cup
BLUEBERRY
In Step 2: Add 1 cup blueberries and 2 tsp. orange zest.
PUMPKIN
LEMON-POPPY SEED
Add 1 Tbsp. poppy seeds. In Step 2: Add 1 cup part-skim ricotta cheese plus 1 Tbsp. lemon zest.

START WITH THE 6 PANCAKE FLAVORS & 3 TOPPINGS

RECIPE ON PAGE 94

FOR NUTRITION INFORMATION, SEE RECIPE INDEX ON PAGE 98.

WARM APPLE PANCAKE TOPPING

Bring 1 cup apple cider and ¼ cup packed brown sugar to a boil in a large saucepan over medium-high heat. Add 3 large (peeled and thinly sliced) apples, bring to a simmer and cook, stirring, until the apples are tender, 10 to 12 minutes. Combine 2 Tbsp. cider and 2 tsp. cornstarch in a small bowl. Stir into the apples and cook, stirring, until thickened. Remove from heat and stir in ½ tsp. vanilla extract.

SERVES 10: ¼ CUP EACH

QUICK MIXED BERRY PANCAKE SAUCE

Toss 3 cups frozen mixed berries, 3 Tbsp. sugar and 2 tsp. cornstarch in a large microwave-safe bowl until well combined. Microwave on High for 2 minutes. Stir and microwave on High until slightly thickened and steaming, 2½ to 3½ minutes more.

SERVES 8: ¼ CUP EACH

HONEY YOGURT PANCAKE SAUCE

Whisk ½ cup honey into 2 cups low-fat plain Greek yogurt.

SERVES 10: ¼ CUP EACH

Q I'm cooking more and would like to buy a better knife. What do you recommend?

M. Thurrell, Putney, VT

A For most purposes, an 8- to 10-inch chef's knife is the perfect tool. Because the blade is wider at the base, it's strong enough to cut through a winter squash and the tapered point makes it just the right shape for the rocking motion used to mince, slice and dice. When shopping for a new knife, there are three things to consider: how it feels, what the blade is made of and the way it's constructed. Spend some time in a kitchen store and try a few out. The material the handle is made from does not necessarily indicate quality—so find one that fits comfortably in your hand. For a long-lasting, durable knife, opt for a high-carbon stainless-steel blade. And finally, look for a knife with a "full tang" blade, meaning it's one piece of metal that extends from blade through the handle—the continuous piece offers the best stability when chopping and makes the knife feel balanced in your hand. Good chef's knives range in price, but typically start around $100 (*pictured:* Wüsthof's 8-inch classic Cook's knife, $130). With proper care, they'll last for years: keep them out of the dishwasher, store in a knife block and if you don't want to sharpen your knife at home, take it to a kitchen store to be sharpened a few times a year.

Send your healthy cooking questions to Test Kitchen Manager [redacted] at *askus@eatingwell.com*

LEFT: ERIN ALLEN KENT; COURTESY WILLIAMS SONOMA

Goodness, Gracious.

At Once Again, we love what we do. We think you'll love these peanut lettuce cups! To learn more about us, visit our new site and check us out on your favorite social media site.

Peanut Chicken Lettuce Cups

Find Once Again products at your local co-op or natural products store.

1 tbsp vegetable oil
4 boneless skinless chicken thighs, about 1 lb. (or 2 large boneless skinless chicken breasts)
Salt to taste
½ cup chopped peanuts
¼ cup *Once Again American Classic Creamy Peanut Butter*
2 tbsp water
2 tbsp fresh lime juice
1 tbsp sweet chili sauce
2 tsp soy sauce
1 tsp Sriracha Hot Chili sauce
1 tsp dark brown sugar
1 tsp sesame oil
2 garlic cloves, peeled and minced
2 tsp freshly grated ginger
½ medium red bell pepper, seeded and cut into matchsticks
½ medium carrot, peeled and cut into matchsticks
¾ cup shredded green cabbage
1 tsp soy sauce
¼ cup sliced green onions
¼ cup chopped cilantro
4 large basil leaves, chopped
10 large mint leaves, chopped
6–12 large leaves of Boston bibb lettuce
2 limes, cut into wedges

Dairy Free

Preheat the oven to 350°F. Rub the chicken with the vegetable oil, then season well on all sides with salt. Arrange on a baking sheet and place in the oven until cooked through. Remove from the oven and chill until cool enough to hand e. Once cooled, pull or shred the chicken. Whisk together the peanut butter, water, lime juice, sweet chili sauce, soy sauce, Sriracha sauce, and brown sugar. Toss the chicken and half of the chopped peanuts with the peanut sauce. Set aside. Heat the sesame oil in a nonstick pan over medium heat. Add the garlic and ginger. Cook for 2 minutes, taking care not to brown. Add the pepper and carrot. Cook for 2 minutes. Add the cabbage and soy sauce, and cover the pan tightly with a lid. Cook for 2 minutes, until the cabbage just begins to soften. Remove the vegetables from the heat and set aside to cool to room temperature. Toss together the green onions, cilantro, basil, and mint. Lay out the leaves of lettuce. One leaf will be enough if they are large. Use two leaves, slightly overlapped, if the leaves are small. Divide the chicken mixture evenly between the lettuce cups, then top with sautéed vegetables and herbs. Garnish with the remaining chopped peanuts. Serve with fresh lime wedges. Enjoy!

NUTRIENTS PER SERVING (6 servings): ***CALORIES:*** 277, ***TOTAL FAT:*** 17g, ***SAT. FAT:*** 3g, ***CHOLESTEROL:*** 63mg, ***SODIUM:*** 295mg, ***CARBS:*** 10.7g, ***FIBER:*** 2.6g, ***SUGARS:*** 4.4g, ***PROTEIN:*** 21g.

Scan this QR code for the vegan version of this, plus other recipes!

www.OnceAgainNutButter.com

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KEY TO RECIPE & NUTRITION INDEX

HOW WE TEST RECIPES

Each of our recipes is tested in the *EatingWell* Test Kitchen. Our goal is to provide healthy, delicious recipes that really work.

- Recipes are tested on average seven times each.
- Each recipe is tested by multiple testers.
- We test on both gas and electric stoves.
- We use a variety of tools and techniques.
- Testers shop major supermarkets to research availability of ingredients.
- Testers measure active and total time to prepare each recipe.

HOW WE ANALYZE RECIPES

- All recipes are analyzed for nutrition content by a Registered Dietitian.
- We analyze for calories, total & saturated (sat) fat, cholesterol, carbohydrate, total & added sugars, protein, fiber, vitamins and minerals, using The Food Processor® SQL Nutrition Analysis Software from ESHA Research, Salem, OR. The complete analysis appears with each recipe; some nutrients are highlighted here.
- Garnishes and optional ingredients are not included in analyses.

KEY TO COLUMN LABELS

45 MIN OR LESS: A recipe's start-to-finish time is 45 minutes or less.

BUDGET: Entrees that cost less than $3 per serving; sides and desserts that cost less than $1.50 per serving. (*See "How We Price Recipes," below.*)

LOW-CAL: Entrees have ≤350 calories per serving; combination meals (protein plus starch **or** vegetable) have ≤420 calories; complete meals (protein plus starch **and** vegetable) have ≤500 calories. Side dishes, muffins, breads and desserts have ≤250 calories per serving; dips and salsas have ≤100 calories per serving.

HEART-HEALTHY: Recipes have limited saturated fat. Entrees have ≤3 grams saturated fat per serving (seafood entrees have ≤5 grams); combination meals have ≤5 grams (seafood ≤7 grams); complete meals (including seafood meals) have ≤7 grams. Side dishes, muffins, breads and desserts have ≤2 grams saturated fat per serving; dips and salsas have ≤1 gram.

VEGETARIAN: Meatless or includes meatless options.

VEGAN: No animal products.

GLUTEN-FREE: Does not include wheat, rye, barley or oats. Check the labels of your ingredients, such as broths and condiments, to make sure they don't contain hidden sources of gluten.

% DAILY VALUE: When a recipe provides 15% or more of the Daily Value (dv) of a nutrient, it is listed. These values are FDA benchmarks for adults eating 2,000 calories a day.

For more on our nutritional-analysis process, visit eatingwell.com/go/guidelines.

HOW WE PRICE RECIPES

- Costs for ingredients come from online grocers safeway.com and peapod.com.
- Costs include every ingredient, even staples.
- Costs include only the amount used (e.g., 1 teaspoon capers, not the entire jar).
- Garnishes and optional ingredients are not included in cost.
- Prices are best estimates as of fall 2013.

TEST KITCHEN TIPS

For the best flavor, toast chopped nuts or seeds *(pages 34, 40, 86, 90)*: Heat a dry skillet over medium-low heat. Add nuts or seeds and cook, stirring constantly, until fragrant, 2 to 4 minutes. **To toast whole nuts:** Spread on a baking sheet and bake at 350°F, stirring once, until fragrant, 7 to 9 minutes.

White whole-wheat flour *(pages 50, 94)*, made from a special variety of white wheat, is light in color and flavor but has the same nutritional properties as regular whole-wheat flour. **Whole-wheat pastry flour** *(page 70)* is milled from soft wheat and contains less gluten than regular whole-wheat. Both flours provide the nutritional benefits of whole grains. Find them in large supermarkets, natural-foods stores and online at bobsredmill.com and kingarthurflour.com. Store in the freezer.

Coconut oil *(pages 50, 75)* is solid at temperatures below 76°F. To melt solidified coconut oil, remove the lid and place the container in a bowl of very hot water; stir frequently until melted.

Red lentils *(page 67)* are excellent in soups, salads and vegetarian stews. You can find them in the natural-foods section of your supermarket or in natural-foods stores.

Find fresh curry leaves *(page 67)* in the produce section (and sometimes in the freezer) at Asian markets. Any unused leaves can be frozen, airtight, for up to 2 months.

No buttermilk? *(pages 70, 94)* You can make "sour milk" as a substitute: mix 1 tablespoon lemon juice or vinegar into 1 cup nonfat milk; let stand for about 10 minutes before using so the acid can sour the milk.

PIN & WIN CONTEST *(page 10)*: **NO PURCHASE NECESSARY TO ENTER OR WIN.** Subject to Official Rules at www.eatingwell.com/sp/pinwin. The EatingWell Pin & Win Sweepstakes begins at 12:01 a.m. CT on 12/16/13 and ends at 11:59 p.m. CT on 2/24/14. Open to legal residents of the 50 United States, and the District of Columbia, 21 years or older. Limit one (1) entry per person and per email address and Pinterest account. Void where prohibited. Sponsor: Meredith Corporation. This sweepstakes is in no way sponsored, endorsed, administered by, or associated with Pinterest. By entering this sweepstakes, you understand you are providing your information to sponsor and not to Pinterest.

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Sugar on the Slopes

A sweet way to save a Vermont ski institution: make maple syrup! By Jessie Price

Photo by Jeb Wallace-Brodeur

Who They Are Being part of the Cochran family means you've got skiing in your blood. Barbara Ann Cochran won Olympic gold in 1972. At press time her son and two nephews were contenders for this year's U.S. Olympic ski team; their grandparents started Cochran's Ski Area in Richmond, Vermont, in 1961. Now with the launch of Slopeside Syrup, maple syrup may become an equally important part of their family heritage.

What They're Doing Brothers Douglas (*sitting, right*) and Roger Brown and their cousins Tim Kelley and Jim Cochran (*standing, left*) started tapping into the over 15,000 maple trees on their family land in 2011. The plan for the business was hatched after a forester recommended they start a sugaring operation or lease the land to someone else. Though many families in Vermont make syrup, the cousins admit they didn't know much about it. They learned on the job. "We did it all: construction, running the lines, setting up the evaporator, everything," Roger says with a chuckle. Last year they produced over 6,000 gallons of syrup and sold it in ski towns around the U.S.

Why It's Cool Income from the syrup business is helping to keep the 630 acres of family land undeveloped. Today the ski area, which uses a fraction of the land, runs as a nonprofit and still teaches throngs of kids to ski each winter. Land is pricy in this part of Vermont, so "it's hard not to have someone think about developing it," says Roger. "That land is our grandparents' legacy. And passing it on to the next generation—our family and the neighborhood kids—is something our grandparents really valued," he notes. "We want our kids to be able to ski there."

FIND THE SYRUP at *slopesidesyrup.com* (for an online discount, use the code *eatingwellinvermont*)

Know someone doing something interesting, innovative or fun with food who you'd like to see in *EatingWell*? Tell us about them: email editor@eatingwell.com with "tastemaker" in the subject line.

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